

## Ten Talents Cookbook

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a natural foods vegetarian food combining cookbook health manual low cholesterol recipes using fruits grains nuts seeds herbs other natural foods primarily compiled without the use of dairy products refined sugars complete with cross reference index updated health nutrition information glossary of some foods unusual item agar agar carob sesame tahini etc for readers unfamiliar with such foods contains clear instructions for the novice of experienced cook

to do what no other magazine does deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of americans vt s goal to embrace both

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abstract the nutritional philosophy of an individual who experienced severe allergic reactions to many food products is offered for the general public suggesting the elimination of all artificial colors flavors preservatives white flour refined sugar caffeine and hydrogenated vegetable oil from the diet the author provides ideas and methods for helping children develop appropriate food habits and avoid junk food she tells you how to set goals train children and cope with persons who undermine good training the appendices include brief descriptions of the sources and functions of nutrients natural food recipes and substitution guide and a suggested reading list kbc

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