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EVERYDAY SPICE: THE HEART-HEALTHY WAY TO MAKE YOUR FAVOURITE DISHES



Simon & Schuster Ltd. Hardback. Book Condition: new. BRAND NEW, Everyday Spice: The Heart-healthy Way to Make Your Favourite Dishes, British Heart Foundation, Give in to temptation and enjoy these palate-tingling curries, aromatic salads and feisty stir-fries that prove that flavour does not have to be off the menu if you have a heart condition. This book brings you a delicious selection of the world's best spice-infused cooking , with 60 recipes adapted to be as good for your heart...

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