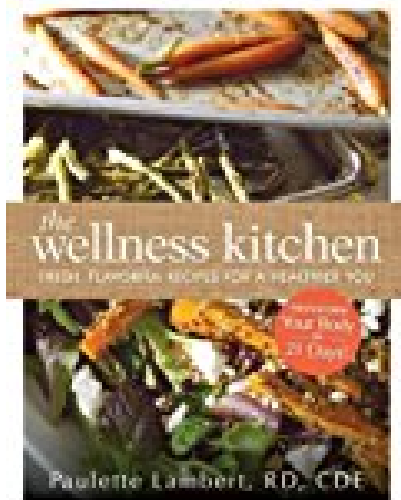


# The Wellness Kitchen Fresh Flavorful Recipes for a Healthier You

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## BOOK DETAILS

- Author : Paulette Lambert
- Pages : 256 Pages
- Publisher : Adams Media
- Language : English
- ISBN : 1440574413

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## BOOK SYNOPSIS

"Includes recipes from the Wellness Kitchen--a teaching kitchen and dining room in California dedicated to creating simple, healthy, wholesome meals"--

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