



Salad Days (Hardback)

By -

Love Food, United States, 2014. Hardback. Book Condition: New. 259 x 213 mm. Language: English . Brand New Book. Give your body the boost it needs with a mouth-watering salad from The Salad Bar. Refresh with Zesty Avocado, Pineapple Pink Grapefruit Salad or Light Tamarind Turkey Salad. If you're looking for an energy-boost go for Tuna, Lentil Potato Energiser Salad or Slow-release Celeriac Remoulade with Asparagus . Health food fans should try Vitamin B-Boosting Feta, Mint Strawberry Salad or Cholesterol-lowering Multi-grain Salad. There are slimming options too, like Super-light Salad Nicoise or Reduced Calorie Potato Salad. If you are detoxing, Rainbow Salad with Wasabi Dressing or French Green Lentils Mediterranean Roasted Vegetable Salad make delicious meals. Packed full of facts on the health benefits of different ingredients, tips on how to get the most from your meals, and ideas for simple variations, this book will help you to eat interesting and healthy salads all year round!.



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