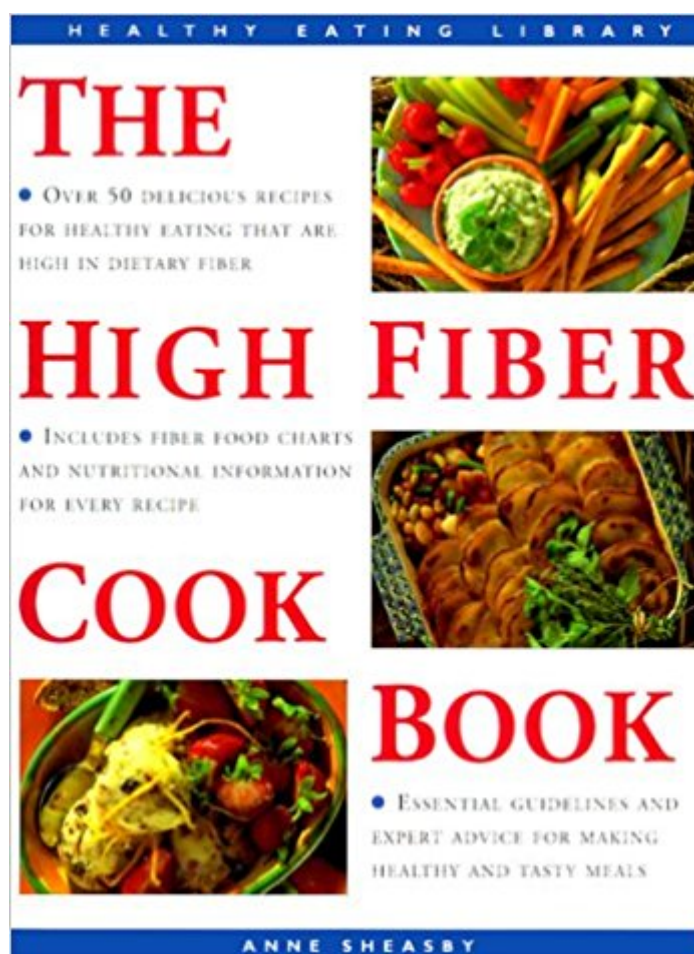


The book was found

# The High Fiber Cookbook: Over 50 Delicious Recipes For Healthy Eating (The Healthy Eating Library)



## Synopsis

A STEP-BY-STEP collection of fifty high fibre recipes for all occasions, which include soups, starters, main courses, drinks and desserts, with illustrated instructions as well as cooks' tips and nutritional notes for each recipe. --This text refers to an out of print or unavailable edition of this title.

## Book Information

Series: The Healthy Eating Library

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Shipping Weight: 1.2 pounds

Average Customer Review: 3.7 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,562,395 in Books (See Top 100 in Books) #87 in [Books > Health, Fitness & Dieting > Nutrition > Fiber](#) #16233 in [Books > Cookbooks, Food & Wine > Special Diet](#)

## Customer Reviews

Love this cookbook! It has a lot of important information and also wonderful recipes. Each recipe is accompanied by a full page full color photograph that makes you want to lick the page. This book will not disappoint

Was disappointed with the material and recipes. Book was a bit outdated but had a few good tips on getting some extra fiber in your diet.

good recipes

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High Fiber Recipes: 101 Quick and Easy High Fiber Recipes for Breakfast, Snacks, Side Dishes, Dinner and Dessert (high fiber cookbook, high fiber diet, high fiber recipes, high fiber cooking)

Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods The High Fiber Cookbook: Over 50 Delicious Recipes for Healthy Eating (The Healthy

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