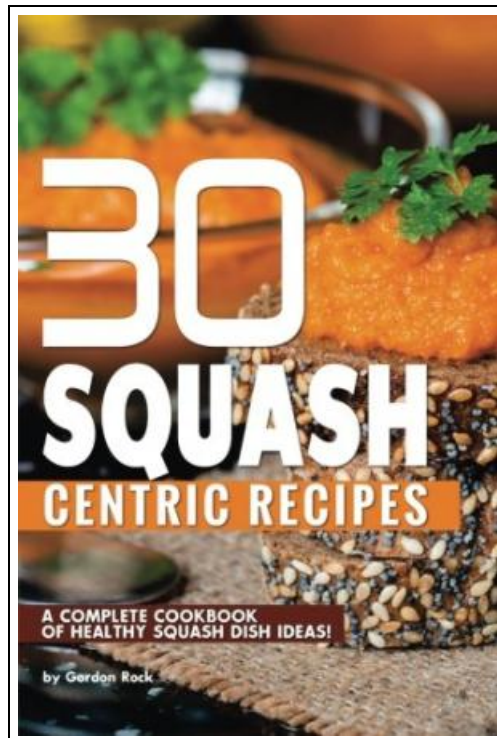


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you looking for some healthy squash recipes that are also tasty enough to please your family or guests? Or do you just want some innovative ways to include veggies in your diet? Squash is a healthy part of a balanced diet and there are many recipes that include it. Winter squash take a bit longer to cook than summer squash, and they are harder to cut. But these squash, including spaghetti, butternut, acorn, turban and Hubbard, are a tasty part of a good recipe. Winter squash provide riboflavin iron, as well as vitamin A and vitamin C. Would you like to include squash in your at-home recipes? We ll show you how that s done. This cookbook includes many kinds of dishes created with squash. From breakfast to lunch, dinner, side dishes and appetizers, we are sharing 30 squash-based recipes in one E-book. This cookbook sets you on the right path to healthier dishes you can make at home. Your family and friends will love them. Try a few of these recipes soon!.



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