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Rhonda Belle

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Moms everywhere encourage veggie eating at almost every meal and for good reason. **Vegetables offer tremendous health benefits** - from beautiful skin and hair to increased energy to disease fighting vitamins and minerals. These **60 healthy recipes starring nature's goodness** prove that healthy eating can also taste great! **Perfect for vegetarians and weight watchers.** Tasty enough for even the kids to enjoy. Guilt free indulgence...Enjoy & Be Well! (Twitter @SoDelishDish)

Tags: vegetables, veggies, vegetarian cookbook, vegetarian recipes, healthy eating, health and wellness, healing foods, natural foods, cooking with vegetables, vegetable recipes, vegetable cookbook

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