



# Plate of Food

*Laura Timbrook*

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## **Plate of Food** Laura Timbrook

Plate of food is a balanced, whole foods cookbook that includes nutritional, and dietary information about everyday ingredients. Containing 70 delicious, family friendly recipes, many are, or can be, gluten-free. Of course, there are a few decadent ones to keep that needed balance. Plate of Food provides the recipes and information that are sure to keep this cookbook in your kitchen, not on a shelf.

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