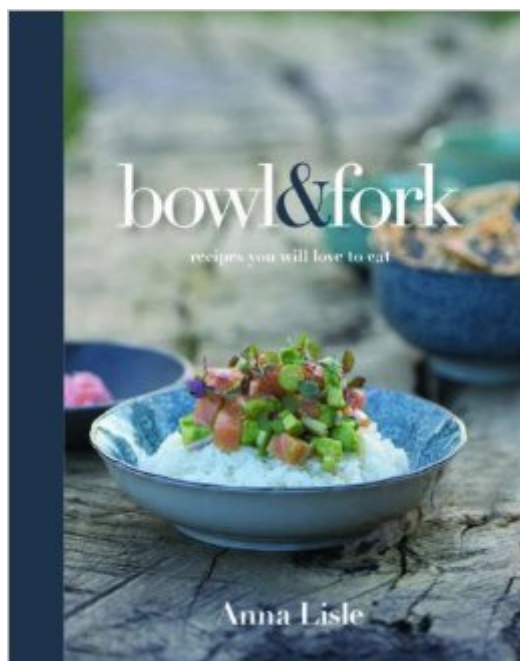


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# Bowl & Fork: Recipes You Will Love To Eat



## Synopsis

Take a simple bowl and fork, add some super tasty food combinations and presto, you have a perfect meal. Total taste sensation that's what you'll experience from the delightfully-original recipes in this book. Bowl&Fork is a collection of satisfying, nourishing dishes that can be enjoyed for one, two, a family or a feast. Think comfort food with an interesting twist - good for your body, your health and great for your tastebuds. If you love to eat, you'll love this book. Simply delicious! (Anna Lisle)

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