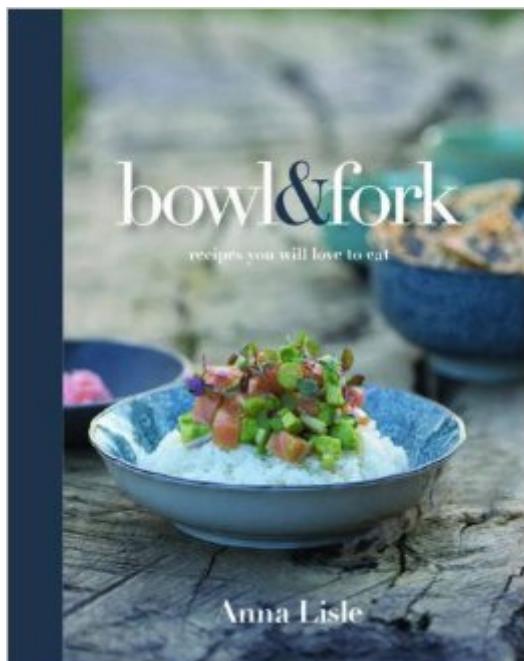


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# Bowl & Fork: Recipes You Will Love To Eat



## 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)

## Book Information

Hardcover: 196 pages

Publisher: New Holland Publishers (March 15, 2016)

Language: English

ISBN-10: 1742577830

ISBN-13: 978-1742577838

Product Dimensions: 8.4 x 1 x 9.9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

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