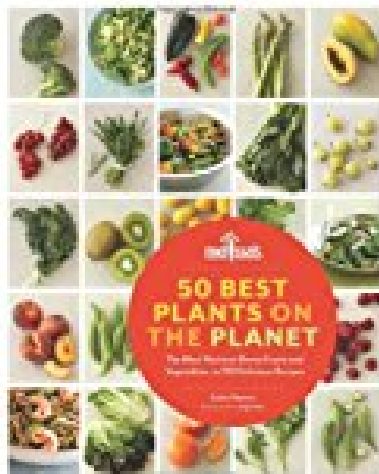


50 Best Plants on the Planet The Most Nutrient-Dense Fruits and Vegetables in 150 Delicious Recipes



BOOK DETAILS

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BOOK SYNOPSIS

Details the nutritional value of fifty fruits and vegetables, highlighting which foods best boost immunity, heart health, and mood, and includes over one hundred fifty recipes to prepare each ingredient.

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