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Fiber One Fun: 25 Quick, Healthy, And Delicious Fiber Recipes Ready In A Jiffy



Synopsis

Add Fiber to Your Diet And Drastically Improve Your Health Do you find it difficult to include fiber as part of your daily meals? This book contains 25 recipes that include fiber as an ingredient. It will make it easy for you to increase your fiber intake when you create a recipe from this cookbook. Each of the 25 recipes include a list of ingredients and directions for you to follow. The recipes range from appetizers to main dishes to dessert. Recipes You Will Discover Inside Dessert Recipes that Include Fiber Bean Dip with Fiber Peanut Butter with Fiber Honey Bars Banana Bread Snack Mix Key Lime Pie Would You Like to Know More? You will learn how to easily increase your intake of fiber by adding it as in ingredient in these delicious recipes. Take care of yourself by eating healthy and creating a balanced meal. You can also make sure your family gets the fiber they need by adding the appropriate ingredients to a recipe that you are preparing from this cookbook. If you are looking for ways to add additional fiber into the food that you prepare and eat, then this book is for you. So what are you waiting for? Scroll up and purchase Fiber One Fun.

Book Information

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Customer Reviews

Needed a new recipe book for this fiber diet that I am trying and was happy to find out alot of things I already love are already in here and gave me a few new ideas that I've enjoyed trying.

Delicious recipes that are easy to make AND healthy!!

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