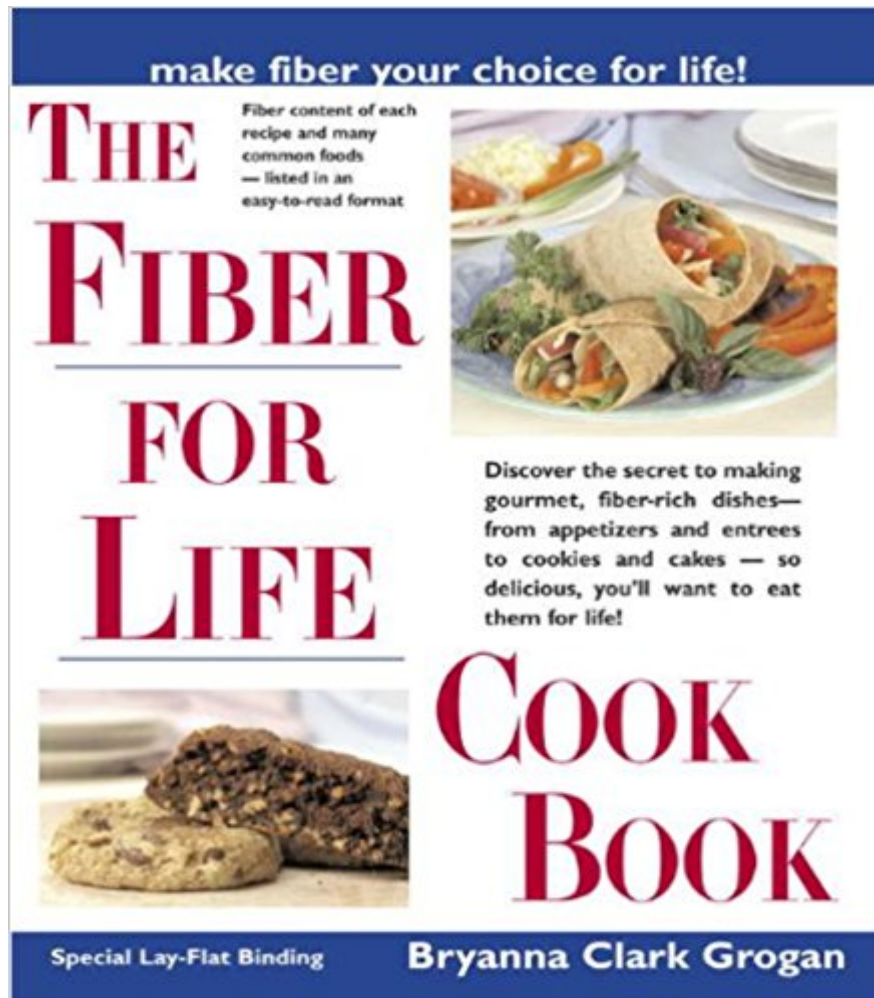




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# The Fiber For Life Cookbook: Delicious Recipes For Good Health



## Synopsis

Fibre can aid your digestive system and help protect against heart disease and cancer. In this cookbook, vegan author Bryanna Clark Grogan demonstrates how to use high-fibre foods to make recipes that are designed to be as tasty as they are good for you. All the recipes are vegan.

## Book Information

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## Customer Reviews

Fiber can aid digestion and help protect against heart disease and cancer. These recipes show how to use high-fiber foods to make delicious, flavorful meals that are as tasty as they are healthful.

Bryanna Clark Grogan has been a food writer and teacher for more than 30 years. Her interest in cooking began before she can remember and having her first child sparked a lifelong interest in nutrition. She is also the author of *Authentic Chinese Cooking*, *Soyfoods Cooking for A Positive Menopause*, *Nonna's Italian Kitchen*, *20 Minutes to Dinner*, *The Almost No Fat Cookbook*, and *The Almost No Fat Holiday Cookbook*. She lives with her husband Brian on idyllic Denman Island, off the coast of Vancouver.

I now have all Bryanna's books and would give 5 stars to all of them. Her recipes are reminiscent of traditional childhood dishes. Good recipes compensate for a lack of images. She's made vegan cooking a joy and a hobby. Everything I've tried so far has turned out so delicious. Some recipes appeal more than others but none are bad. Most of them can be easily modified to meet low

fat/sugar requirements and she narrates it so well with an endless supply of hints and tricks. With her books my cooking is always a joy and a special event to look forward to. Her books have ignited a passion for vegan cooking. I found ebook versions very cumbersome so had to purchase hard copies.

Informative, would purchase again.

Delivered as promised! Great price! Although not the sellers problem, the book is a little outdated!

I liked this book so much, I bought a few copies as gifts. Great recipes. I've tried a bunch of them and so far they have all been really good - also as an added bonus, they are very healthy.

TOO MANY CARBS

It's an ok book, I'm just a picky eater

This is a great cookbook. Recipes are easy to read, easy to follow and most are delicious to eat!! If you are just starting to add Fiber to your diet I highly recommend this book as a start!

great read!

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