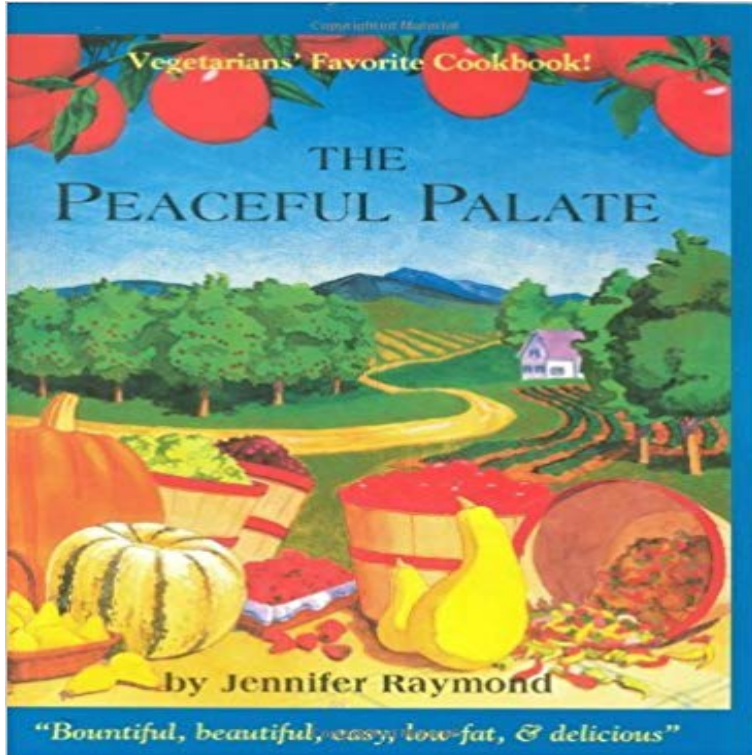


The Peaceful Palate



Over 130 pages of tasty recipes designed for optimum health, plus sections on protein myths and facts, calcium, cutting the fat, equipping your kitchen, and more. A great book for novice or veteran cook.

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