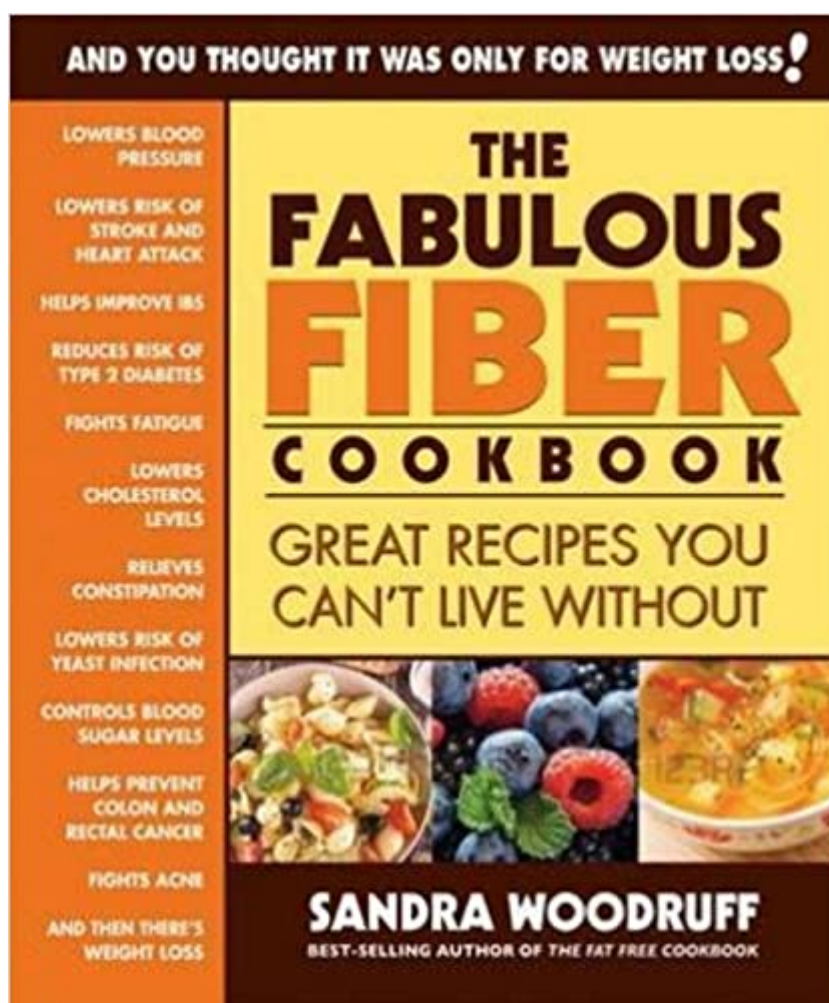


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# The Fabulous Fiber Cookbook: Great Recipes You Can't Live Without



## Synopsis

Always considered a vital nutrient, fiber is now being appreciated more than ever before. Its benefits are many—improved digestion, protection against cardiovascular disease and diabetes, and better weight control, to name a few. But to truly profit from fiber, it's vital to get it from nutrient-packed foods like fruits and vegetables. How can you do this and still keep your dishes easy to prepare and absolutely delicious? Now, dietitian and best-selling cookbook author Sandra Woodruff makes it simple to incorporate fiber into your diet. Filled with scrumptious fiber-rich recipes—including favorites like pizza and burgers—The Fabulous Fiber Cookbook makes it a breeze to benefit from fiber while creating great meals. Can you have your fiber and love it, too? You can, with The Fabulous Fiber Cookbook.

## Book Information

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## Customer Reviews

"In The Fabulous Fiber Cookbook: Great Recipes You Can't Live Without, Sandra Woodruff (who has a master's of science in food and nutrition from Florida State University and specializes in diet-related health problems) has compiled a compendium of palate pleasing, appetite satisfying, kitchen cook friendly recipes for nutrient fiber oriented dishes that are easy to prepare as they are absolutely delicious. Ranging from Creamy Wheat Cereal; Chicken, Barley & Corn Chowder; Summertime Cobb Salad; and Spicy Red Beans & Rice; to Spaghetti with Brussels Sprouts, Pine Nuts & Parmesan; Kale-Quinoa Salad; and Glazed Almonds, the recipes comprising The Fabulous Fiber Cookbook are a pleasure to browse through and ideal for planning menus with. Certain to be an enduringly popular addition to personal, family, and community library cookbook

collections, it should be noted that The Fabulous Fiber Cookbook also features an extensive and informative 'Fiber Facts' section." (Midwest Book Review ("The Cookbook Shelf"))

Sandra Woodruff, MS, RD, LD/N, has a master's degree of science in food and nutrition from Florida State University. She specializes in diet-related health problems, and is the best-selling author of many health-related cookbooks, including Soft Foods for Easier Eating Cookbook.

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