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Vegetarian Appetizers, Desserts and Party Foods: Healthy Crowd Pleasers for Any Occasion (Healthy Natural Recipes Series Book 2)

Becki Andrus

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Tired of unhealthy treats at parties and holidays? These recipes will allow you to "have your cake and eat it too." All of the recipes in this collection are focused around whole food ingredients to help you achieve great health and well-being.

Finding the perfect vegetarian cookbook is more than picking a collection of recipes without meat... those recipes should be packed full of healthy ingredients to help you achieve well-balanced nutrition.

Many people associate healthy eating with tasteless dishes, and this healthy natural recipes series was designed to help you eat healthy without sacrificing some of your favorite family dishes. The flavors are delicious, and vegetarians and meat-eaters alike will love the food!

This cookbook is a collection of fun recipes that are perfect for appetizers, party foods, and dessert. Prepare healthy options for social events with your friends and family, they will love these tasty treats-- and you will love knowing that the recipes are filled with high quality, nutritious ingredients.

The formatting of this vegetarian recipe collection is easy to navigate on the Kindle, with a click-able table of contents that includes quick links to each recipe.

49 recipes total, including popular options such as: Mango & Black Bean Salsa, No Bake Cookies, Spinach Dip, Peanut Butter Bars, Homemade Ice Cream, Carrot Cake, and much, much more!

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Lacey Clements:

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