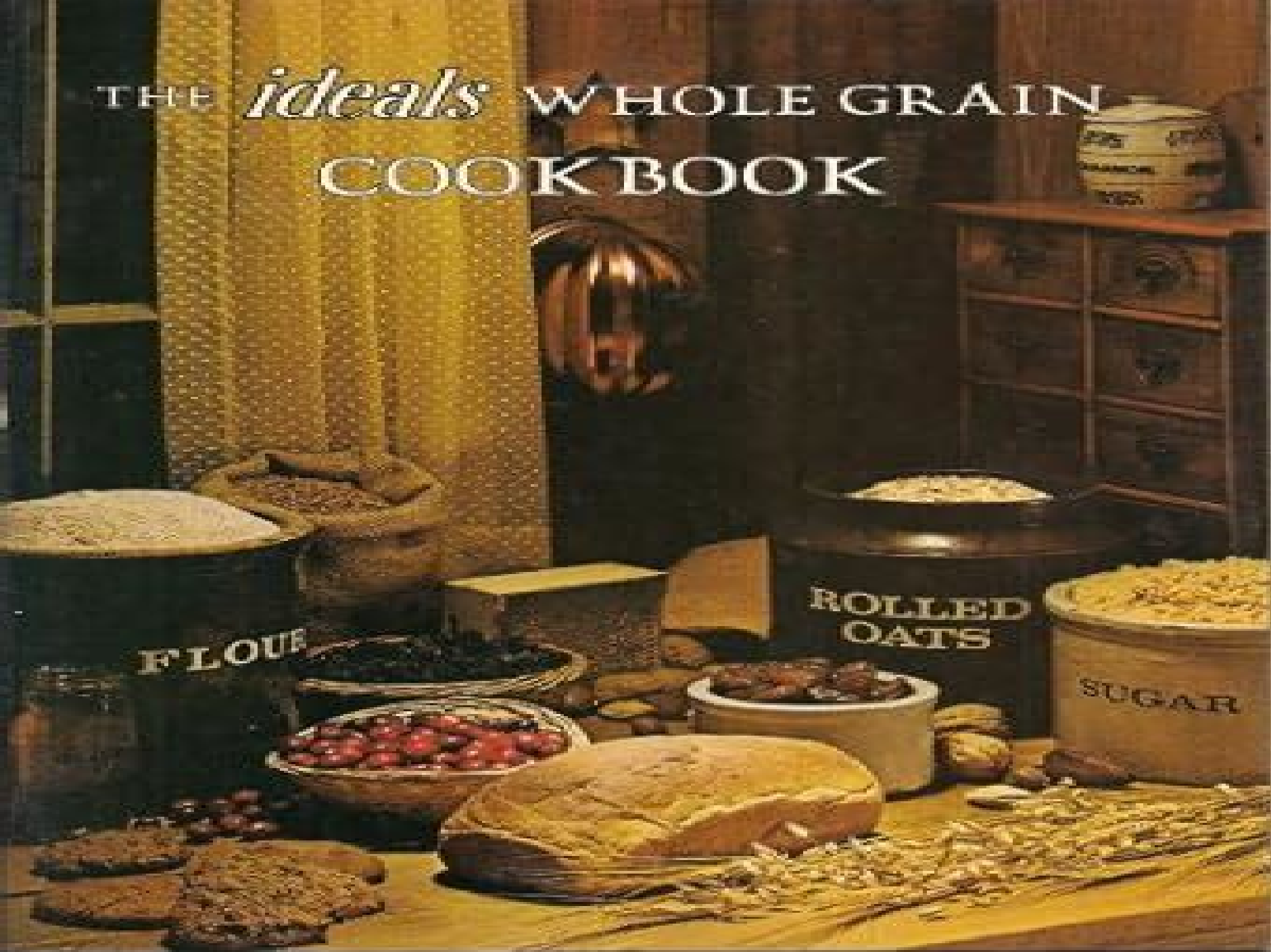


THE *ideals* WHOLE GRAIN  
COOKBOOK



# The Ideals Whole Grain Cookbook

**Lorna Sass**



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companion to the bestselling book *What Would Jesus Eat* this cookbook offers inspired ideas for good eating and good living In *The What Would Jesus Eat Cookbook* you ll find healthy dishes such as Mediterranean Lentil Soup Broiled Lamb Lebanese Fresh Fruit Salad Black Bean Hummus Apricot Couscous Rosemary Chicken Stew Modeled on Jesus example *The What Would Jesus Eat Cookbook* emphasizes whole foods that are low in fat salt and sugar and high in nutrients and satisfying flavor This modern approach to an ancient way of eating offers a healthy alternative to today s fast food culture      **English Language Cookbooks, 1600-1973** Lavonne B. Axford,1976      **The Plant-Based Cookbook** Ashley Madden,2021-03-02

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