

"If you're going to eat 'junk food' treats, this is what you should be eating—slowly, mindfully, and with great pleasure."

—Dean Ornish, M.D., author of *The Spectrum* and Dr. Dean Ornish's Program for Reversing Heart Disease

THE wholesome junk food COOKBOOK

MORE THAN 100 Healthy Recipes
FOR EVERYDAY SNACKING



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The Junk Food Cookbook

R Sanford



The Junk Food Cookbook:

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