



## Heart-healthy Snacks

By Jehanne Ali

Marshall Cavendish International (Asia) Pte Ltd. Paperback. Book Condition: new. BRAND NEW, Heart-healthy Snacks, Jehanne Ali, From Blueberry Muffins and Cinnamon Apple Toast to Buttermilk Chicken Wings and Strawberry Chocolate Pops, this delightful collection features snacks that are not only yummy, but can also boost cardiovascular health, keeping the heart strong and healthy. These creations are from Dr Jehanne Ali, a medical doctor who loves preparing nutritious and tempting goodies for her family. With easy recipes and dietary advice, she shows how you can enjoy your food and maintain your health at the same time. Packed with nutrients and easy to prepare, these treats are suitable for entertaining guests or enjoying with your family any time of the day.



**READ ONLINE**  
[ 8.02 MB ]

### Reviews

*Complete information for publication fanatics. It is actually rally intriguing throgh reading period of time. I am happy to explain how this is actually the greatest publication i actually have read inside my own daily life and may be he finest ebook for possibly.*

-- **Ms. Heidi Rath**

*A very awesome publication with perfect and lucid information. It is probably the most awesome book i have read. You may like how the author publish this pdf.*

-- **Dr. Celia Howell DVM**

## Relevant Books



### **Dont Be Bully!**

Full Circle, New Delhi, India. Softcover. Book Condition: New. Brave little Kamya protects Tia from the school bully Josh and proves to be a true friend. Don't be a bully, is a story to#inspire young minds to fight bullying without fear.Mr. Licks...



### **Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package**

Pearson, United States, 2015. Book. Book Condition: New. 10th. 250 x 189 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...



### **Who am I in the Lives of Children? An Introduction to Early Childhood Education (Paperback)**

Pearson Education (US), United States, 2015. Paperback. Book Condition: New. 10th Revised edition. 254 x 201 mm. Language: English . Brand New Book. Note: This is the bound book only and does not include access to the Enhanced Pearson eText. To order...



### **Who Am I in the Lives of Children? an Introduction to Early Childhood Education with Enhanced Pearson Etext -- Access Card Package (Paperback)**

Pearson, United States, 2015. Paperback. Book Condition: New. 10th. 251 x 203 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...



### **Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)**

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



### **Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large**

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...