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MAGIC HERBS: MORE THAN 200 DELICIOUS AND HEALTHY RECIPES THAT ARE NATURALLY LOW-FAT AND FAT-FREE



John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Magic Herbs: More Than 200 Delicious and Healthy Recipes That are Naturally Low-Fat and Fat-Free, Julie Metcalf Cull, A natural remedy for monotonous meals. In ancient times herbs were thought to heal and perform other wonders. While their magic powers may be just folklore, herbs do provide health benefits--like regulating blood sugar and appetite and raising levels of "good" (HDL) cholesterol. But the real magic of herbs lies in...

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- Authored by Julie Metcalf Cull
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