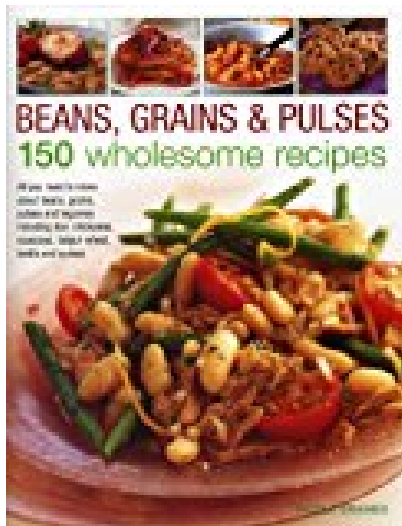


# Beans Grains & Pulses 150 Wholesome Recipes All You Need To Know About Beans Grains Pulses And Legumes Including Rice Chickpeas Couscous Bulgur Wheat Lentils And Quinoa

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## BOOK DETAILS

- Author : Nicola Graimes
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## **BOOK SYNOPSIS**

Easy-to-follow recipes for breakfasts, snacks, side dishes and salads, soups, fish, poultry and game, meat and vegetarian meals, as well as tempting cakes, breads and desserts.

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