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The Whole Food Recipes cookbook will become an instant favorite with hundreds of delicious recipes your family and guests can enjoy. It includes everything from breakfast smoothies to emulsified salad dressings and savory desserts for the perfect dinner party. Hundreds of chef-tested recipes for you and your family to enjoy Full-color, hard-bound, 3-ring style book with easel-back convenience Includes a Getting Started guide and DVD tutorial "Let's Get Started" The Whole Food Recipes cookbook package is in a convenient 3-ring format which allows you to add new favorite recipes to your book. Package Includes: DVD cooking class tutorial Getting Started guide Owner's Manual



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From reader reviews:

James Vazquez:

Spent a free the perfect time to be fun activity to perform! A lot of people spent their free time with their family, or their very own friends. Usually they carrying out activity like watching television, gonna beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Could be reading a book might be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to consider look for book, may be the publication untitled Vitamix Whole Food Recipes can be good book to read. May be it is usually best activity to you.

Scott Croft:

Playing with family in a very park, coming to see the marine world or hanging out with good friends is thing that usually you may have done when you have spare time, subsequently why you don't try factor that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Vitamix Whole Food Recipes, you may enjoy both. It is good combination right, you still wish to miss it? What kind of hangout type is it? Oh can happen its mind hangout people. What? Still don't understand it, oh come on its referred to as reading friends.

Cathy Lantz:

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