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Inspired by the food and recipes of the countries surrounding the Mediterranean Sea, these easy to follow Mediterranean recipes are heart-friendly and encourage a clean and healthy eating lifestyle. With dishes that are rich in nutrients, vitamins and antioxidants while being tasty and flavorful at the same time, you can easily enjoy your food and even share it with family and friends.

What you will love about this book:

- Contains easy-to-follow recipes.
- Contains a wide variety of Mediterranean recipes from appetizers to entrees to desserts.
- Contains recipes with easy-to-find ingredients.

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