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Title: Eat Smart - Over 140 Delicious Plant-Based Recipes; Autor: Niomi Smart; Pages: 256; Publisher (Publication Date): December 28, 2017; Language: English; ISBN-10: 000827648X; Download File Format: AZW3

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Niomi Smart's passion is healthy food and her most popular YouTube video series, What I Eat in a Day, inspires a global audience of millions to look, live and feel better. Now, for the first time, she has compiled all of her favourite recipes into a cookbook to show you the smart way to eat. Niomi's food is for everyone.

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