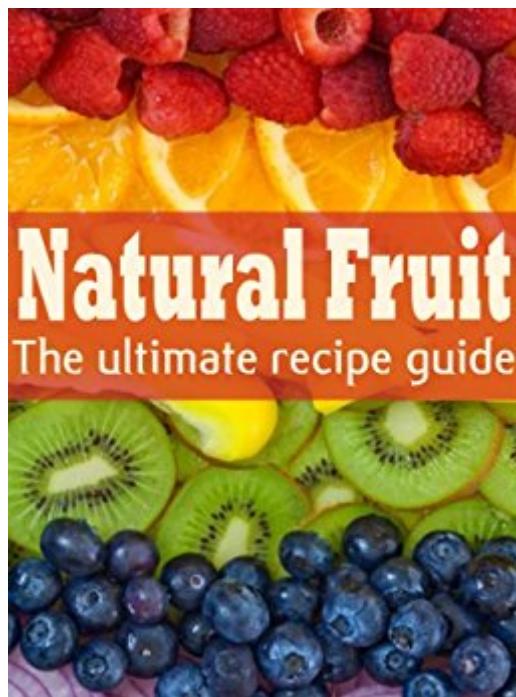


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# **Natural Fruit :The Ultimate Recipe Guide - Over 100 Natural & Healthy Recipes**



## **Synopsis**

Over 100 Natural Fruit Recipes Fresh fruits come in a variety of delicious flavors and vibrant colors. They are an excellent source of vitamins and nutrients. Most fresh fruits are naturally low in sodium and fat, and no fresh fruits contain cholesterol. We have compiled the most delicious and healthy recipes from around the world. Enjoy! Health Benefits Fruits are low in sodium, cholesterol, and calories. Fruits are high in fiber and nutrients. Fruits contribute to a healthy body and healthy weight. Eating fruits can reduce your risk for developing stroke, heart disease, diabetes and some cancers. Fruit can provide you with energy to fuel your days without saturated fats, sodium, added sugars or trans fats. Introduce Healthy Natural Fruit Recipes into your diet Today! Scroll Up & Grab Your Copy Now

## **Book Information**

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## **Customer Reviews**

I love this book! my Vitamix gets a workout with the recipes from this book. The book starts out with wonderful salad recipes. I love the popsicle recipes! Better than the bought stuff. Great for the grandkids! Easy ingredients to find. Most you would probably have already. Lots of recipes for water

infused drinks. I love that. Great smoothie recipes for the warm weather. And there are lots of recipes for goji berries. I would say a good and healthy recipe book.

Since I have a vita-mix blender & we make smoothies, we always have fruit around! This gave me more ideas as to what I can do with it before it goes bad...

There are lots of recipes, so many to choose from. The only complaint is on the ingredients list, they don't give exact amounts.

I was wanting a natural fruit cookbook to prepare fresh foods for a healthy diet. Gives you Prep time, cook time, refrigeration, time for readiness, and servings. Wide variety to choose from and a lot of new combinations. I like the list of ingredients to use as a shopping guide. Directions are numbered. There are 124 entries.

There are multiple purposes for cookbooks. This one is excellent in the "I'm wanting something fruity, but everything i can think of bores me" category. Recipes are in the standard ingredients/directions format, and begin by estimating prep time, cooking time, total time, and number of servings. There are a few pictures, quite excellent, scattered around for pretty, but individual recipes aren't illustrated. There are 31 fruit salad recipes, 41 "popsicle" recipes, 31 "spa water" recipes, and 31 Goji berry recipes. I am unfamiliar with Goji berries, but WebMd (first in the Google listings) says they are promoted as a "fountain of youth." WebMD says they're probably safe for most people, and many berries are high in anti-oxidants, but they recommend against Goji if you're taking Warfarin(coumadin), or are on diabetes or heart meds. I've never had much luck with making popsicles. They tend to freeze too hard, and the molds for making them are a pain to wash. (If you want to get rich, start making disposable popsicle molds out of the red solo cup plastic and a rack to hold wooden sticks upright in the molds while a dozen pops are freezing.. You'd sell 100 molds and 100 sticks for \$2-3 and get \$5-8 for the rack.) I also have a \*really\* good recipe for water. I get well water (many cities get water from a reservoir) with a high mineral content, and refrigerate or ice it until it is REALLY cold. Not only is it really good tasting, but it quenches thirst, unlike sweet drinks that just make you thirstier. For fruit salad, I walk through the produce department (Kroger is best in my area) and grab whatever is in season and irresistible, and cut it all up together, then refrigerate it until it's almost icy. And that leaves the Goji recipes. Since I have diabetes mellitus, and the Goji appears to be pretty pricey, I'll pass on that as well. I recently reviewed the same

publisher's book on gravy, and found it to be extremely poor. I can't say the same about this cookbook. It's fairly well crafted, and if the recipes are what you're interested in, then it's certainly acceptable. However, for the reasons stated above, it'll not find much (if any) use in my kitchen. It might be a nice gift for that sister-in-law you're trying to hide your dislike of....

Great Kindle Read!!!

This is a book full of recipes that use fresh fruits. It's got tons of easy to make recipes and I really like that the author uses a wide variety of fruits and other ingredients. This makes it a very useful resource for my kitchen!

Fruit is a food that is sometimes forgotten, here is a good collection of fruit dishes to lighten up any menu. Fruit salads, and combinations you wouldn't think to pair

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