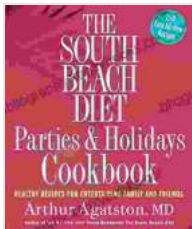


Healthy Recipes for Entertaining Family and Friends

Are you looking for healthy and delicious recipes to serve your family and friends? Look no further! This cookbook is filled with over 100 recipes that are perfect for any occasion.



The South Beach Diet Parties and Holidays Cookbook: Healthy Recipes for Entertaining Family and Friends

by Arthur Agatston

★★★★☆ 4.7 out of 5

Language : English
File size : 8532 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 258 pages



Whether you're hosting a casual get-together or a formal dinner party, you'll find something to please everyone in this cookbook. The recipes are easy to follow and use fresh, healthy ingredients that are sure to impress your guests.

Here are just a few of the delicious recipes you'll find in this cookbook:

- Appetizers:
 - Guacamole with tortilla chips

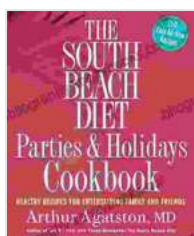
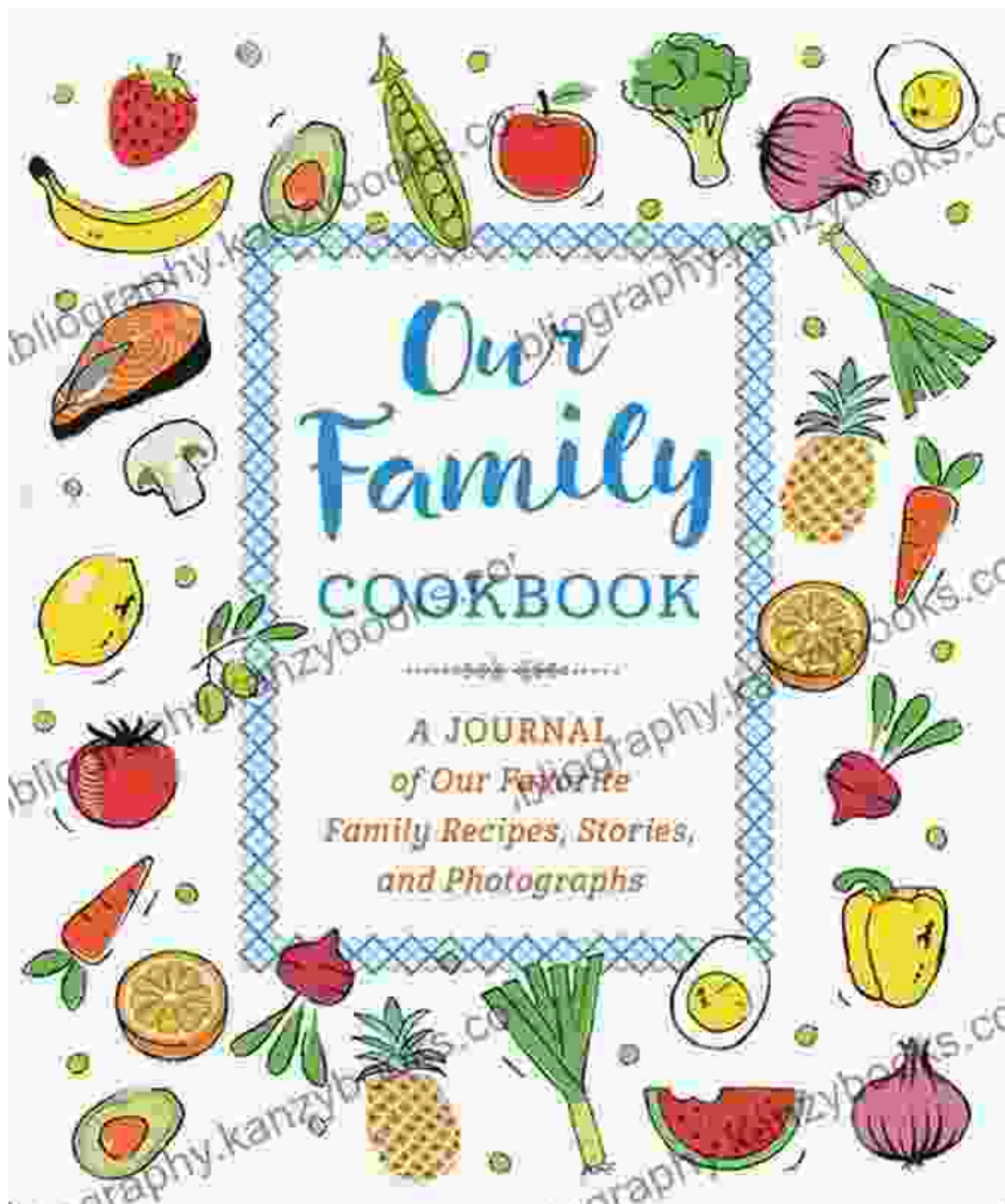
- Spinach and artichoke dip
- Caprese skewers
- Bruschetta with tomatoes and basil
- Stuffed mushrooms
- Main courses:
 - Grilled salmon with roasted vegetables
 - Chicken stir-fry with brown rice
 - Shepherd's pie with mashed sweet potatoes
 - Vegetable lasagna
 - Quinoa salad with grilled shrimp
- Side dishes:
 - Roasted asparagus with lemon and garlic
 - Steamed broccoli with cheese sauce
 - Mashed potatoes with gravy
 - Green bean casserole
 - Corn on the cob
- Desserts:
 - Chocolate chip cookies
 - Apple pie
 - Cheesecake

- Tiramisu
- Fruit salad

So what are you waiting for? Free Download your copy of Healthy Recipes for Entertaining Family and Friends today!

You can Free Download the cookbook online or at your local bookstore.

Free Download your copy today and start cooking delicious, healthy meals for your loved ones!



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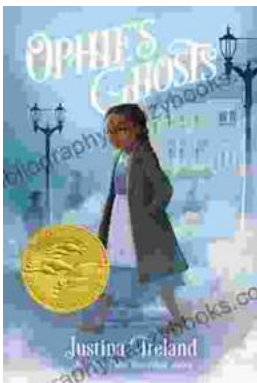
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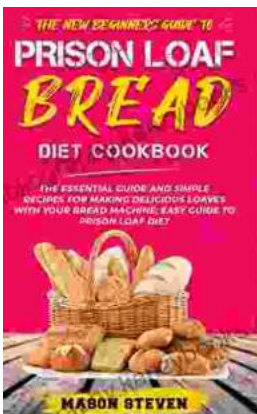
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