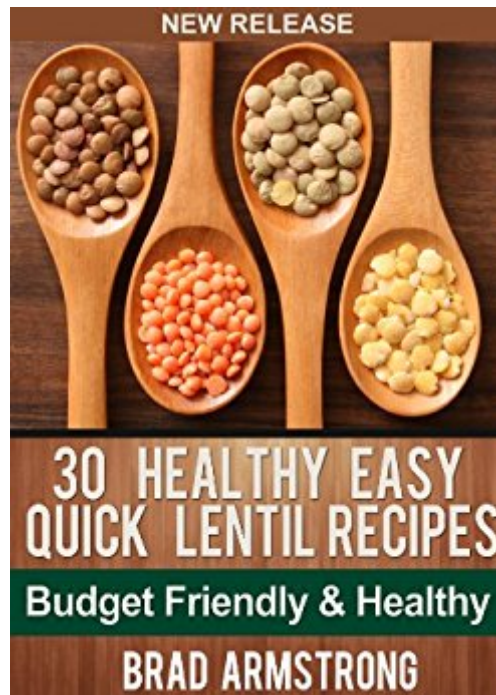


The book was found

# 30 Healthy Easy Quick Lentil Recipes (Brad Armstrong Healthy Eating)



## Synopsis

If improved health you are seeking, look no further than lentils. Lentils have been a staple of the human for thousands of years throughout the world. Lentils are the staple of the vast populations of the world. They provide strong nutrition and source for protein. Lentils are easy to cook, and lentils are a hassle-free compliment to any meal or even can be a meal on their own. They readily absorb a variety of tasty flavors from other foods & seasonings. Most people are not familiar with lentils and if they are, only think of a soup type of meal. Lentils are truly a Garden of Eden of healthy eating. Lentils, a type of legume, are a staple in many parts of the world. They are packed with fiber, folate (water-soluble B vitamin), iron, protein, vitamins and minerals. Folates are particularly important to women. Folates are essential for healthy fetal development. Folate can prevent neural tube defects as well as spina bifida when taken before conception or early on in the pregnancy. More so compared to most other dried beans, lentils are quick and easy to prepare. Simply an overall winner! Their nutty and earthy taste add flavor from salads to full meals. I invite you to enjoy my healthy eating recipes

## Book Information

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## Customer Reviews

Who knew there could be so many ways, I usually just put them in a crock pot and wake up in the morning and they are done! I will be trying something new.

A

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