



The Fiber for Life Cookbook: Delicious Recipes for Good Health

Bryanna Clark Grogan

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Gourmet cuisine can also be fiber-rich thanks to the innovative recipes of Bryanna Clark Grogan. A comprehensive section on the role fiber plays in aiding digestive health and protecting against cancer and heart disease will give new direction to the food choices you make.

Meet the fiber superstars of plant-based foods and learn how to incorporate them in your daily life. Although vegetarian, meat eaters will not feel deprived with these delicious, satisfying meals. From Indian Potato and Pea Curry, Florentine Stuffed Baked Potatoes, or Zucchini Bisque to Italian Style Apple Tart or French Strawberry Pie, benefiting your health has never tasted so good!

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