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True Roots : A Mindful Kitchen

True Roots – A Mindful Kitchen with More Than 100 Recipes. Her recipes?green banana muffins, bison and veggie kabobs, and even zucchini almond butter blondies?are proof that a healthy lifestyle isn't boring or bland. Feed yourself real food and see how much better you feel, both mentally and physically.

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This Paperback Edition of Kristin Cavallari's True Roots : A Mindful Kitchen is autographed by Kristin Cavallari. From New York Times bestselling author of Balancing in Heels Kristin Cavallari comes a cookbook that reveals what she eats every day.

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