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Chickpea Craze: 60 Super #Delish Chickpea Dishes (60 Super Recipes Book 31)



Synopsis

Kindle Unlimited Members Read FreeTasty, nutritious and surprisingly filling, chickpeas (aka garbanzo beans) are a great addition to your diet - and now your recipe collection! They are excellent in dips, spreads, stews, salads, and entrees. Pair them with spicy meats or roast a few for a healthy snack. Recipes in this collection include exotic tastes from other parts of the world such as India, Africa and the Middle East as well as vegan/vegetarian options. Take a break from the ordinary and get better acquainted with one of the smallest members of the legume family. Enjoy & be well! (Twitter @SoDelishDish)Tags: dips, hummus, chickpeas, lentils, bean, garbanzo, spreads, stew, vegetable, superfood, antioxidants

Book Information

File Size: 2054 KB

Print Length: 50 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 28, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01B8KYETI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #361,539 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #38

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