



# **The Five-A-Day Cookbook: 200 Vegetable & Fruit Recipes: How to achieve your recommended daily minimum, with tempting recipes shown in 1300 step-by-step photographs**

*Christine Ingram, Kate Whiteman, Maggie Mayhew*

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This book shows how to get your five-a-day in a whole range of delicious ways. Find out about over 250 different fruits and vegetables, discover where they originated, and learn how to choose, store, prepare and cook them. This guide with over 1300 photographs, explains all there is to know about these exquisite foods and how best to enjoy them.

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