

Beauty Food: 85 recipes for health & beauty from within by Maria Ahlgren

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Nourish your hair and skin with recipes to bring out the very best in you, inside and out. Enjoy healthy recipes for breakfast, filling main meals, juices, smoothies and even delicious desserts and decadent cocktails - all carefully chosen to bring you the perfect blend of natural superfoods that boost beauty from the inside. Beauty Food also includes a Beautypedia, telling you which ingredients contain just the right oils, minerals, vitamins and acids to help with common beauty ailments.

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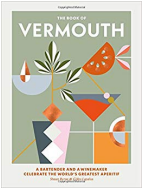

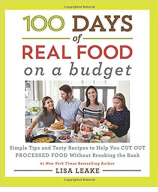
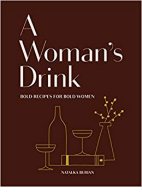
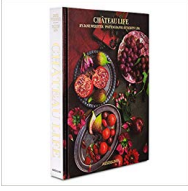
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