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A collection of 150 recipes is organized into forty-six easy-to-prepare Everyday Cooking with Dr. Dean Ornish: 150 Easy, Low-Fat, High-Flavor Recipes.

History of tofu and tofu products (965 ce to 2013)

Drinks & yogurt. No dairy products or eggs are used', honey is called for in some recipes. Everyday cooking with Dr. Dean Ornish: 150 easy low-fat high-flavor recipes. New York, NY: 24 cm. [6 ref] ' Summary: This is Dr. Ornish's 4th book.

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History of soymilk and other non-dairy milks (1226-2013): including

Ornish, Dean. 1996. Everyday cooking with Dr. Dean Ornish: 150 easy low-fat high-flavor recipes. New York, NY: HarperCollins Publishers. xix + 344 p. Index.

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