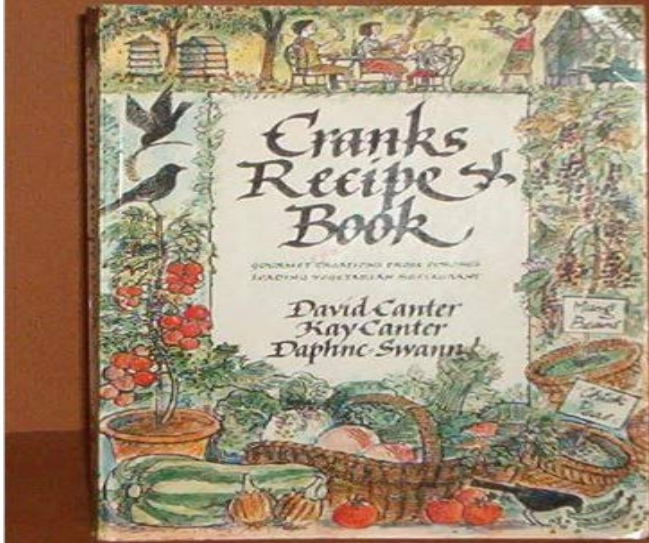


Cranks Recipe Book

LOOK INSIDE!



Some say we are crazy to give away our secrets to possible competitors! We hope you will enjoy trying them out in your own home. David Canter, Cranks A delicious and wonderfully tempting variety of recipes from the original healthy eating champions. This book includes a wealth of vegetarian starters, main courses and desserts so that you can recreate the delicious Cranks range of food in your own home. From mouth-watering soups, to delicious summer and winter meals - and wonderfully tempting desserts, THE CRANKS RECIPE BOOK proves you can eat well, and eat healthily.

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