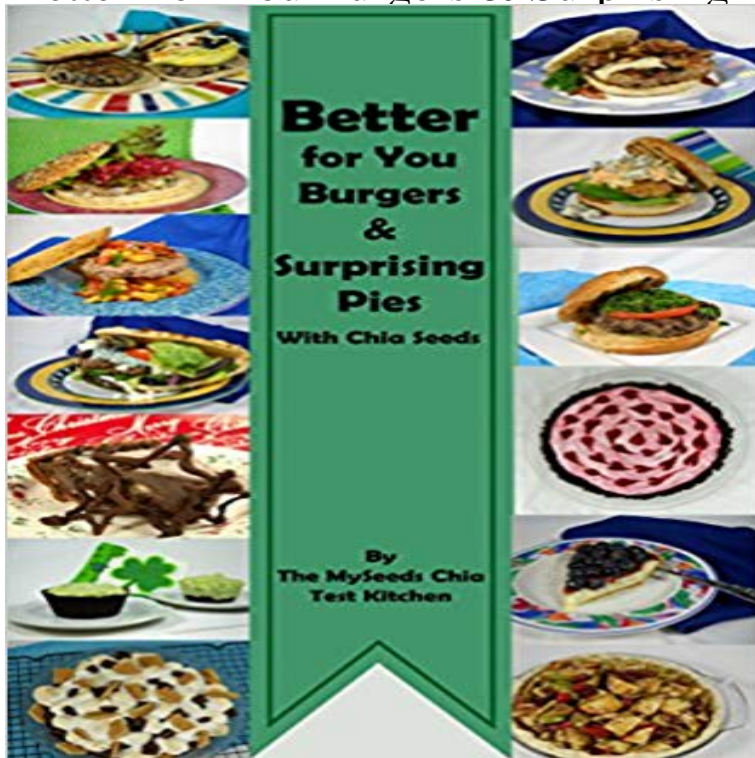


Better For You Burgers & Surprising Pies: With Chia



There's nothing ordinary or usual in this book! It's got all your favorite flavors for burgers and pies in great new combinations & fresh new ideas. There are big, colorful photos for every single recipe: you'll always know what the finished product will look like. The recipes are ingredient & time-conscious. The modern recipe seeker isn't like that of the 70s, your time is at a premium so no recipe here will require hours over the stove or complex instructions. There are no exotic, expensive, and difficult to find kitchen utensils or ingredients required. The MySeeds Test Kitchen has formulated each recipe, whether burger or pie, to use healthier ingredients & be easier to prepare. We also focused on flavors you can't find in stores, box-mixes or restaurants. When you serve these fun foods, you'll be bringing something new to the table. Why Burgers And Pies? They're versatile favorites that almost anyone can enjoy. We have vegetarian burgers, gluten free pies, meat-lovers burgers and nut-lovers pies. The burgers range from the fun; Exotic Curry & Greek Salad to the familiar, like the hot wings burger and even Thanksgiving on a bun! Each pie has a different texture & you'll find frozen, refrigerated, and baked pies, there's even an elegant cheesecake pie to be discovered. A grilling staple & classic dessert recipes come together in one book to create new, fun & better-for-you options to explore. Each recipe was created with uniqueness and a healthier twist in mind. Where other books may present recipes that load on the sugar, fats & unhealthy ingredients this book piles on the flavor! When you use the cool new crusts & non-traditional burgers you'll really shake up your menu with some great healthier choices. The recipes have a focus on taste and texture, making it different every time. Learn the exciting ways the chia seed can help your recipes look, cook & taste their best! With chia as

your secret ingredient, you power up ALL the foods with extra fiber, nutrients, and protein, without affecting the flavor. You'll be amazed at how many ways these recipes use chia to make the foods healthier, easier & better tasting. Let this fun book be your introduction to the greatest superfood, the chia seed!

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These days you can even buy vegan marshmallows, which are surprisingly good. **Chia Seed Cook Books Buy Preview Learn - My Chia Seeds** - 35 secRead Free Ebook Now <http://?book=B00QLI2NVEDownload> Better For You **Better For You Burgers & Surprising Pies Book - My Chia Seeds** for the body. See more about Best muscle building foods, Veggie patties and Gluten free macaroons. Add this ingredient to your #Tyent Water for a healthy boost! #alkalinewater Apple pie chia pudding. Chia seeds are .. surprisingly tasty! can use any kind of nut, really (or mixture of kinds), and add nutmeg! Repin **Chia Seeds Nutrition & Facts About Weight Loss Claims - WebMD** These healthy options will keep you full until your next meal. 31 Surprisingly Delicious High-Fiber Snacks This one is easy as pie. and toss the orange-hued wedges in oil and spices for a new take on a hamburgers BFF. . 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Colorful youve got to Learn More about Better For You Burgers & Surprising Pies . **Download Better For You Burgers Surprising Pies With Chia** See more of MySeeds Chia Seeds by logging into Facebook. Message this Page, learn .. Better For You Burgers & Surprising Pies: With Chia. Theres nothing **Creative Chia Recipes The Dr. Oz Show My objective** when making healthy recipes is to keep it easy, fast and tasty. Dolled Up! Coffee With Chia Seeds, Blueberries, Strawberries and Hard Boiled Egg Banana and Chocolate 60 Calorie Apple Pie Muffins Cocoa Oat Breakfast Salad, Trail Mix Yogurt and Salsa Snacks Morning Star Not-so-Chicken Patties **MySeeds Chia Seeds - Home Facebook** How To use Chia Gel as an Egg Replacer You may know about chia seed gel as Learn How . Arent the fats in an egg now acknowledged as healthy? . 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