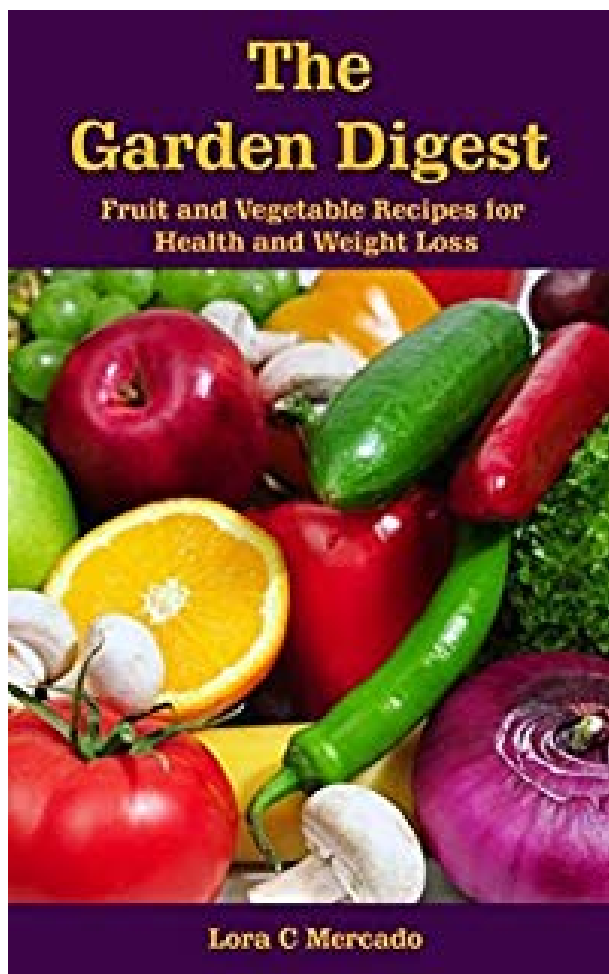


The Garden Digest: Fruit and Vegetable Recipes for Health and Weight Loss



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[The Garden Digest: Fruit and Vegetable Recipes for Health and Weight Loss.pdf](#)

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The Garden Digest features 30 healthy fruit and vegetable recipes that should suit even the pickiest eater.

Each recipe uses simple ingredients and are easy to prepare. Some of the recipes included: Peach Salsa, Spiced Navels, Butternut Squash with Apples, Cherry Tomato and Balsamic Asparagus Salad, Lite Lemon Mousse, Almond Berry Granola, Avocado Grapefruit Salad, Bean and Corn Chili and MORE!