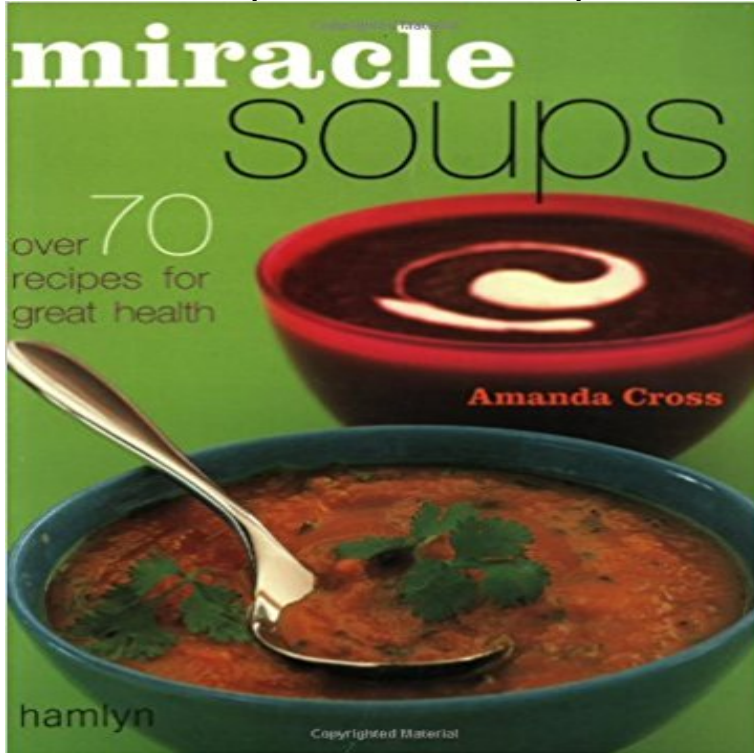


Miracle Soups: Over 70 Recipes for Great Health



Over 70 delicious and nutritious soups to beat ailments - from allergies to high blood pressure - feature here. Each soup is quick and easy to prepare, yet packed full of health enhancing vitamins and minerals. An easy way to get all the important five portions of vegetables a day - soup is the ultimate all-in-one food. Recipes range from thai chicken soup to yoghurt and cucumber.

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