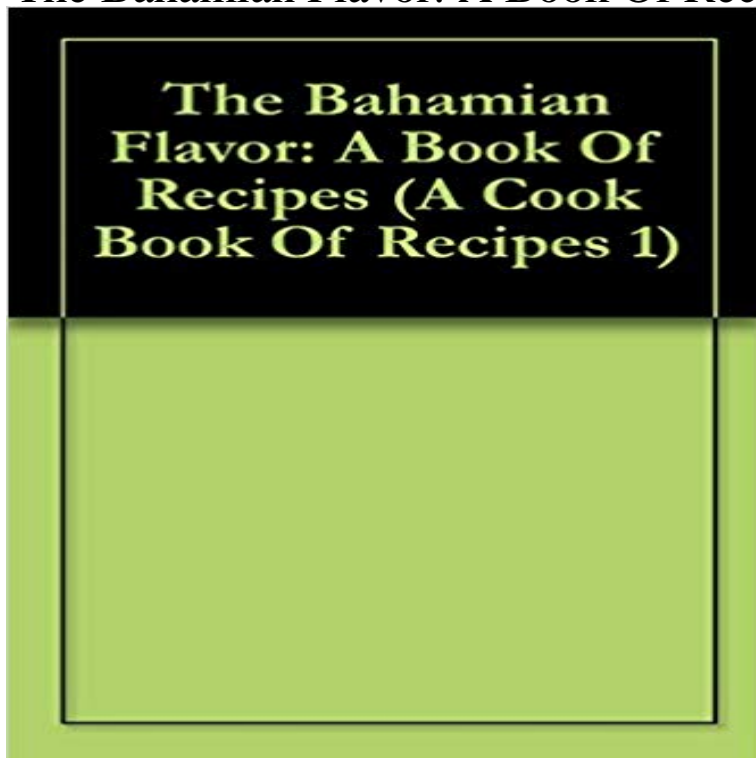


## The Bahamian Flavor: A Book Of Recipes (A Cook Book Of Recipes 1)



This book has 3 parts; authentic Bahamian foods, Islands mixed drinks, and delicious and healthy Raw Food Recipes. Learn about foods of the Bahamas and how to prepare them. Learn the ins and out and professional ways to planning a party and the recipes for popular island mixed drinks. Also learn how to lose weight, lower your blood pressure, cholesterol, and reverse your Diabetes while enjoying Lolos delicious raw foods

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