



Great Salmon: 25 Tested Recipes How to Cook Salmon Tasty and Quickly (Paperback)

By Raymond Ross

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Did you always admire a healthy and delicious cooking? Have you decided to change your eating habits? Do you want to feel yourself great? Become a kitchen magician with our best recipes! I gathered 25 best salmon recipes so you can pick any and start creating magic. All you need is your confidence, nice mood and a few ingredients! Salmon Nutrition Facts: -Vitamin B12 -Vitamin D -Selenium -Vitamin B3 -Omega-3 Fatty Acids -Protein -Phosphorus -Vitamin B6 -Iodine -Choline -Vitamin B5 -Biotin -Potassium There are several apparent benefits of eating salmon: 1.Healthy Bones and Joints - eating this delicious fish on a regular basis will help to keep you bones strong. 2.Brain and Neurological Repair - Omega-3 rich food help improve memory, increase brain efficiency, prevents Alzheimers and Parkinsons diseases. 3.Great for Children - and their mind activity and memory. 4.Heart Health - helps to prevent developing of strikes, atherosclerosis and hypertensions. 5.Eye Sight - it betters your sight and decreases age-related degeneration and high eye pressure. 6.Healthy Skin - eating salmon will help giving you glowing and clean skin.



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