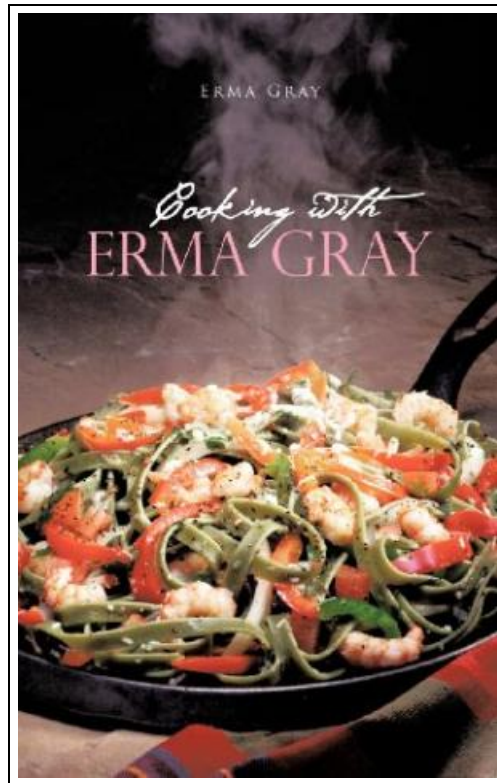


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Trafford Publishing, United States, 2012. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Erma Gray is a pioneer and leader in the world of entrepreneurship-and has worked hard all of her life to be the best at anything she put her mind to. Her mother and grandmother were known and respected in the community as great cooks. Erma had no choice but to start out cooking with her mother at an early age. Her mother was a perfectionist and Erma had to help her mother prepare the meals daily. Therefore, Erma learned how to prepare, cook, and serve her family with delicious, healthy, satisfying meals that were wholesome and yet simple for anyone to make. Follow me, step by step. Don t deviate, and get off course. You ll enjoy healthy cooking at its best and so will your family. Stop making people sick with salty, greasy food that is clogging up their arteries and digestive system. I want you to experience the flavor, the texture, and the taste as you bite into these wonderful meals. Erma has a variety of recipes for everyone to enjoy. She has recipes for meals that can be ready in 30 minutes or less. Also, she has included her mouth watering desserts that will stimulate your taste buds and satisfy your cravings. Erma has her favorite selections of holiday foods and tips that have made meals flavorful, attractive, and awesomely delicious. My recipes are recommended to anyone and especially to couples that do not cook because they can t cook, but are tired of eating out all the time and would like to learn the art of successful cooking. If you learn how to cook, you can save money and spend quality time with your loved ones or...



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