



Fibernoodles The Shirataki Secret to Health (Volume 1)

Tammy Skye

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Fibernoodles, the Shirataki Secret for Health shares the secret and health benefits of eating Shirataki Noodles. Shirataki pure fiber noodles offer benefits like blood sugar and cholesterol control. This book describes how you too can add Shirataki noodles to your diet. Includes 5 delicious recipes from the Fibernoodle Cookbook also by Tammy Skye.



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