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John Westerdahl, Ph.D., M.P.H., R.D., C.N.S., is the Director of the Bragg Health Foundation and the Director of Health Science for Bragg Live Food Products, Inc. Dr. Westerdahl is a nutritionist and registered dietitian and is recognized as one of the nation's leading authorities on vegetarian and vegan nutrition and diets. He is the former nutrition editor for Veggie Life magazine. Dr. Bragg vegetarian health recipes pdf - Amazon Web Services

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Recipes from Bragg's Vegetarian Cookbook. Toast whole grain bread slices in oven, remove when slightly crisp. Rub raw garlic cloves on both sides of toast. Spread with melted salt-free butter or Bragg Organic Olive Oil, add Bragg Aminos, Bragg Sprinkle and Sea Kelp for healthy, delicious flavors. Return pan to oven to keep warm. Before serving sprinkle with Bragg Nutritional Yeast Flakes for **Bragg Vegetarian Health Recipes By Patricia Bragg, Paul C ...**

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