



Easy Ginger Recipes: Nature's Spice for Breakfast, Lunch and Dinner (The Easy Recipe)

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The Easy Recipe Guide series presents: Easy Ginger Recipes - Nature's Spice For Breakfast, Lunch And Dinner. Ginger, the strong flavoured herb (also known as a spice) that's been used for over 2,000 years in Chinese culture to cure and prevent health problems. In recent years, Western culture has used the root in popular recipes - ginger ale, and ginger snaps, to name a few. Ginger has been used in various cultures throughout history. From the Chinese to the Romans, it's recently become a staple in kitchens around the world. So, how do we incorporate Ginger into our every day lives for health, taste and wellness? It's quite easy, actually. Inside you find dozens of recipes for breakfast, lunch and dinner. DID YOU KNOW? - Ginger eases nausea and motion sickness - Ginger boosts immune system - Ginger helps treat asthma - Ginger relieves bloating and gas - Ginger reduces muscle strains - Ginger helps alleviate colds.

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