



## Seafood: Omega-3s for Healthy Living

*Evie Hansen*

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# Seafood: Omega-3s for Healthy Living

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## **Seafood: Omega-3s for Healthy Living** Evie Hansen

Award-winning author Evie Hansen presents her latest, extensively researched cookbook, emphasizing the importance of omega-3 for heart health, brain nourishment, weight loss and more! Seafood is beautifully illustrated, laden with easy-to-read charts and sprinkled with more than 250 tasty, nutritious recipes to explore and enjoy. Evie's secrets and tips are perfect additions. As the Seattle Times extols, "This author knows seafood!"

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