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By Ramses Bravo

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Chef Ramses Bravo, author of Bravo! Health Promoting Meals from the TrueNorth Health Kitchen, specializes in healthy vegan -- and gourmet -- meals that are salt-, oil

Chef Ramses Bravo and his Ramses Bravo became Executive Chef for TrueNorth Health. For more about the TrueNorth health diet, The TrueNorth Kitchen is

It was in July 2012 that I began my radio show The Love Kitchen and I have begun to share with the imagination of health Chef Ramses Bravo

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This recipe is a great alternative to scalloped potatoes, which are traditionally very high in fat. From Bravo! Health Promoting Meals from The TrueNorth Kitchen

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