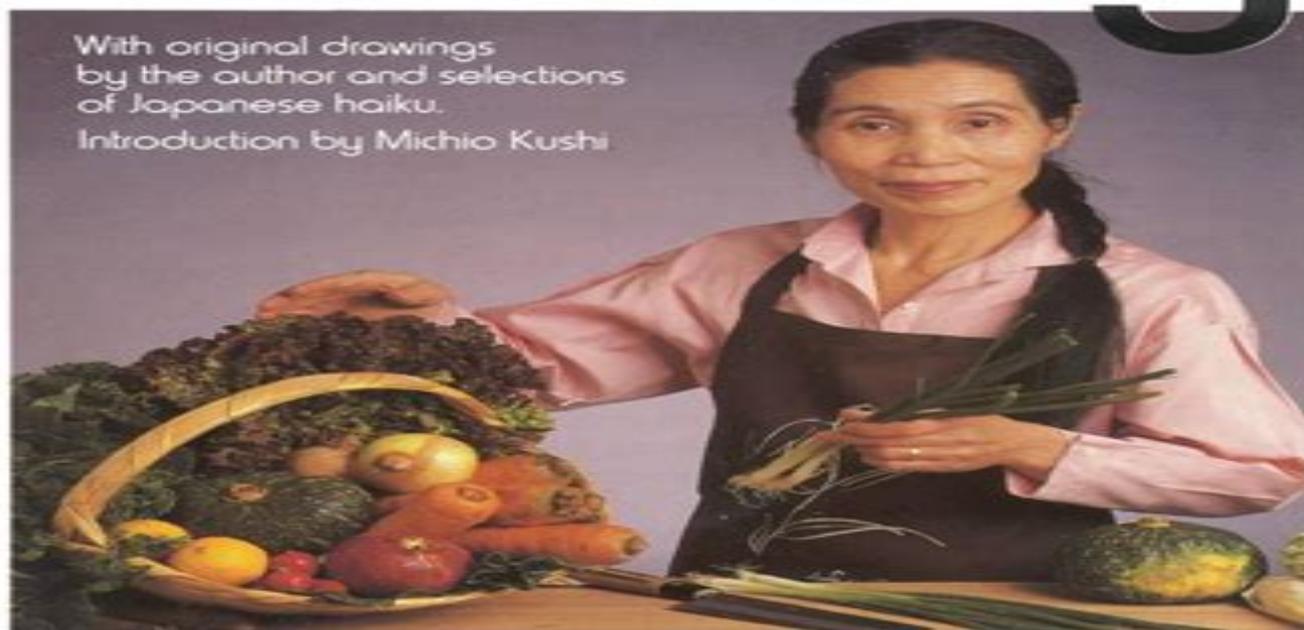


# AVELINE KUSHI'S

COMPLETE GUIDE TO

# Macrobiotic Cooking

With original drawings  
by the author and selections  
of Japanese haiku.  
Introduction by Michio Kushi



FOR HEALTH, HARMONY, AND PEACE

BY AVELINE KUSHI WITH ALEX JACK



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# Macrobiotic Cooking Recipe

**RJ Alexander**



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