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150 Superfood recipes: A Vibrant Collection of Dishes, Packed with Powerful, Nutrient-rich Ingredients, Shown in Over 500 Photographs (Paperback)

By Audrey Deane

Anness Publishing, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. This is a vibrant collection of dishes, packed with powerful, nutrient-rich ingredients, shown in over 500 photographs. You can discover the powers of broccoli, goji berries, seaweed, oily fish, miso and many more, and the importance of including these and other foods in your diet. Enticing, easy-to-follow recipes include Tofu and Pepper Kebabs, Moroccan-spiced Mackerel, Pink Grapefruit and Avocado Salad, Quinoa Salad with Mango, Apple and Bilberry Fool, and Apricot and Hazelnut Oat Cookies. Recipes are illustrated step-by-step, and each is accompanied by quick-reference nutritional notes. Our dietary choices can impact on our energy levels, moods, libido, mental performance and overall well-being. Certain foods - ranging from the humble carrot to the more exotic wheatgrass, referred to as superfoods, are believed to offer specially health-promoting nutrients and properties, including iron, mineral, calcium, vitamin and flavonoid content. This book offers a spectrum of mouthwatering recipes, featuring at least one superfood in each. You can try home-made Granola, delicious Green Soya Bean Salad, Barley Risotto, Hemp and Nut Roast, Baked Apricot Compote, and Berry Smoothies for noticeably increased energy levels and enhanced health benefits.



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