



Superfood Kitchen: Cooking with Nature's Most Amazing Foods

Julie Morris

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Welcome to the SUPERFOOD culinary revolution! In *Superfood Kitchen*, beautiful dishes are entirely composed of plant-based, nutrient-dense, and whole foods that energize, nourish, and taste delicious. Each recipe artfully combines natural ingredients that deliver amazing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. The mouthwatering superfood meals--from Goldenberry Pancakes to Quinoa Spaghetti with Cashew Cream Sauce and Chard--will make you feel as good as they taste. The pages glow with beautiful color photographs that will inspire home cooks to start enjoying the sumptuous pleasures of earth's best foods.

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