



Superfoods: Top Superfoods and Superfoods Recipes for a Powerful Superfoods Diet, More Energy and Increased Immunity

Ashley Reiss

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Superfoods: Top Superfoods and Superfoods Recipes for a Powerful Superfoods Diet, More Energy and Increased Immunity Superfoods are something that nearly everyone is interested in these days. Whether it's for better health, to look and feel younger or just to emulate celebrities who rave about the benefits of their new superfood diet on talk shows, people are curious about what are superfoods, exactly. This book answers many of the questions that people have about super foods. It goes far beyond simply providing a list of superfoods; after all, it's easy enough to find a superfood list from any number of websites, magazines and other sources. It provides a variety of recipes which incorporate the top superfoods, including raw superfoods and live superfoods as well as information on which of the many foods purported as nutritional marvels actually deserve to be counted as among the ultimate superfoods. Here, you'll find healthy, superfood-rich recipes for every meal of the day, from breakfast to lunch, brunch to dinner as well as snacks which provide all of the nutritional benefits of superfoods as well as tasting great. You'll also learn more about how to include superfoods into your diet easily - and that most of the healthiest options on any comprehensive superfoods list are things that you can find at any grocery store. A lot of superfoods may already be on your shopping list, but this is a cookbook which will show you new ways to enjoy these foods as well as introducing you to some new favorites.

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Leroy Moore:

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