



Natural Superfoods: 150 Nutrient-packed Recipes for Complete Health, Vitality and Healing

Susannah Blake

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Our most common fruits and vegetables are nature's superfoods – packed full of vitamins, minerals and phytonutrients that should form the basis of a healthy diet to nurture both body and mind. This fantastic cookbook features a helpful introduction to the nutritional health benefits and healing properties of our most well-known superfoods, followed by 150 delicious, nutrient-packed family-friendly recipes. All the recipes feature a symbol key to show at a glance how many full portions of fruit and vegetables are included in each serving (never less than two) – taking the guesswork out of the daily meal choices. Finally, there's a section of suggested menu plans for those needing a little extra support; anything from a pre-workout energy boost to a tonic for the skin.

Low fat, energy-giving, immunity-boosting and healing, superfood fruits and vegetables can – and should – form part of every meal, whether cooking for one or for the whole family. This essential book shows how incredibly easy that is to achieve.

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From Reader Review Natural Superfoods: 150 Nutrient-packed Recipes for Complete Health, Vitality and Healing for online ebook

PennyLady (Bev) says

The Macmillan Dictionary defines 'superfood' as a food that is considered to be very good for your health and that may even help some medical conditions.

The Oxford Dictionary definition states a superfood is "a nutrient-rich food considered to be especially beneficial for health and well-being."

One thing they all have in common: "Every superfood is going to be a 'real' (unprocessed) food," and as one one writer added elsewhere, "You don't find fortified potato chips in the superfood category."

For the sake of brevity, I will refer to Susannah Blake's book as Natural Superfoods.

The bulk of this book is recipes (p 42-177)

They utilize easily accessible ingredients and were captured well visually.

Their colorful presentation certainly caught my eye.

Aside from that, she reminds us the importance of successfully balancing our meals, common sense shopping, a basic introduction to portion control and several other topics.

A favorite quote of mine is "when it comes fruits and vegetables, follow this simple message -"eat a rainbow"-every day."

The Know Your Superfoods section (15 pages) is worth the price of admission.

Susannah has done your research, folks.

You need only to read, understand and act upon the suggestions.

4.5 ★

(Goodreads Giveaway)
