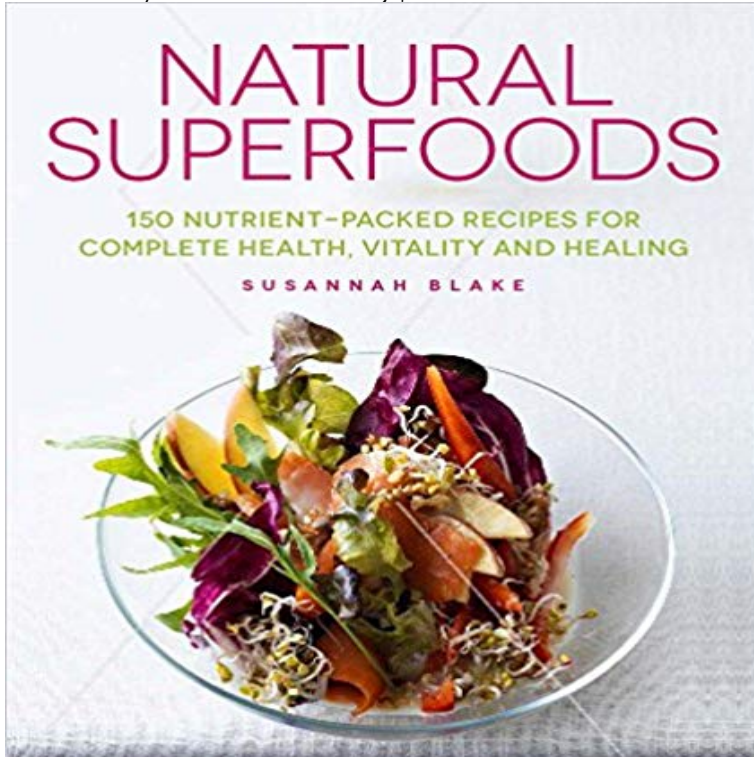


# Natural Superfoods: 150 Nutrient-packed Recipes for Complete Health, Vitality and Healing



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. From the Trade Paperback edition.

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