



Super Foods Every Day: Recipes Using Kale, Blueberries, Chia Seeds, Cacao, and Other Ingredients that Promote Whole-Body Health

Sue Quinn

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A collection of more than 60 dishes that showcase super foods--ingredients from kale and seaweed to cocoa and avocado that are brimming with vitamins, minerals, and disease-fighting nutrients.

Featuring straightforward delicious dishes, this easy-to-follow guide contains recipes like Wonder Smoothie, Vitaboost Frittata, Supercharged Carrots, Cauliflower Risotto, and Plum and Cranberry Crisp that showcase sensational super foods in every meal of the day. These recipes are designed to pack the maximize number of super foods into ones diet, using approachable, nutrient-dense ingredients. This collection of delicious sweet and savory dishes makes it easy to pack every meal with nutritional punch.

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