

(Free and download) Superfoods: 300 Recipes for Foods that Heal Body and Mind

Superfoods: 300 Recipes for Foods that Heal Body and Mind

Dolores Riccio

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Dolores Riccio : Superfoods: 300 Recipes for Foods that Heal Body and Mind before purchasing it in order to gauge whether or not it would be worth my time, and all praised Superfoods: 300 Recipes for Foods that Heal Body and Mind:

0 of 0 people found the following review helpful. Not just for cooking. By Ergomom I have enjoyed this book for years. Bought another copy when my beloved paperback version got damaged during a move. Finally, I was reunited with some old favorite recipes and, best of all, the tips the author provides on selecting and storing each "superfood." What a joy to make some of my old favorite dishes again. This book is a great stepping stone towards healthier eating. Many of the recipes could be "cleaned up" a bit more, but not without sacrificing taste or texture to some degree. It's a matter of personal preference. My only negative experience here would be that twice I ordered a paperback and twice I received a hardcover. I prefer the paperback's size and flexibility, but am just glad to have the contents of the book available to me again. I thought when I received the hardcover that perhaps I had not chosen the paperback option. So, I figured I would use the hardcover as a hostess gift and re-order the book making sure to choose the paperback version. 2 hardcovers later, I'll just live with it and be happy that I have a great cookbook to pass on to a friend. 1 of 1 people found the following review helpful. Healing..a must read By Allana Kondisko This book is difficult to find but is a must have for every household !!! The foods and recipes are organized well and easy to refer to..the ingredients are also easily acquired but the most important topic is the explanation of the healing qualities of everyday foods. Want to help protect your loved ones ? Read this book! I also enjoyed this authors Circle of Five withy mysteries. 4 of 4 people found the following review helpful. delicious, simple, healthy food By cakei love this book and have been cooking

from it for years. it is a great way to introduce new foods to your diet, especially "cancer fighting" fruits and vegetables. the author focuses each chapter on a particular food, such as cauliflower. she discusses what makes it a "super food" and then offers delicious recipes featuring that ingredient. she offers low fat and low sugar options, but is not a purist. she doesn't want to sacrifice taste to save a few calories, which i appreciate. it is not a vegetarian cookbook, but most of the recipes do not include meat. i highly recommend this to anyone who wants to change their eating habits, but doesn't have time for overly-involved, elaborate cooking.

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