



Superfoods: Superfoods Book with Superfood Recipes

Diaz Karen, Foster Cynthia

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Superfoods: Superfoods Book with Superfood Recipes The Superfoods book features two super food diet plans, the Superfoods Diet and the Kale Diet. Kale is a superfood as well. Each section of book contains many recipes that contain super foods like kale, quinoa, oatmeal, blueberries, garlic, Brussels sprouts, and more. Superfoods contain high levels of nutrients, which are vitamins, minerals, and anti oxidants. When you consume these foods, you are giving your body the energy and nutrients to strengthen your immune system. The immune system is vital to helping fight infections and in particular free radicals, which can cause devastating illnesses and cell damage. The first section of the Superfoods book features the Superfoods cookbook with these categories: Main Dishes, Side Dishes and Appetizers, Breakfast, Desserts and Snacks, and Superfoods Cookbook Conclusion. A sampling of the included recipes are: Blueberry, Chocolate and Walnut Parfait, Granola Bars with Fruit, Quinoa Salad with Lemon Vinaigrette, Pomegranate Carrots, Slow Cooker Beef and Sweet Potato Curry, Spicy Beef Soup, Collard Greens with Bacon, Cauliflower and Chickpea Curry, Salmon with Lemon Butter Sauce, BBQ-style Salmon with Kale, Pinto Bean Tacos, Avocado and Black Bean wraps, Moroccan Style Chicken with Quinoa, Roasted Squash and Kale Salad, Kale and White Bean Stew, Steak with Roast Vegetables, Roasted Eggplant Salad, Cranberry Salsa, Blueberry Walnut Muffins, Apple Flax Seed Muffins, and Roasted Nuts. The second section of the Superfoods book features the Kale Recipes diet with these categories: How to Store Kale, 10 Great Recipes of Breakfast, Soup, Salads, Main Dishes, and Desserts. A sampling of the included recipes are: Blueberry Kale Ice Cream, Bacon and Kale Bread Pudding, Greens and Garbanzo Beans, Kales and Scallion Fried Rice, Northern Spy Kale Salad, Tuscan Kale Salad, Sesame Kale Soup, Summer Soup in Minutes, and Kale Cake Muffins.

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