



Easy Superfood Recipes 6-Pack: Nature's Best For Health, Wellness and Weight Loss (Kale, Quinoa, Chia Seed, Kiwi, Ginger, Apple Cider Vinegar) (Easy Recipe)

Echo Bay Books, Scarlett Aphra

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The "Superfood 6-Pack" comprises Scarlett Aphra's six bestsellers into one bundle. Titles include, "Easy Kale Recipes", "Easy Quinoa Recipes 2.0", "Easy Chia Seed Recipes", "Easy Kiwi Recipes", "Easy Ginger Recipes", and "Apple Cider Vinegar Secrets".

Everywhere you go to shop for food these days, the word superfood seems to pop up. The signs read, 'Superfoods on sale' and 'Eat this - it's a superfood!'. With the influx of influencers coming into the mainstream with talk of superfoods and all of their nutrient-dense properties, it's no wonder that superfoods are becoming increasingly present in the minds of you and I. What is a superfood exactly? Well, the most common definition are foods that are rich in nutrients and/or phytochemical properties, with low negative properties. Some examples of superfoods are: chia seeds, quinoa, kale, and kiwi.

In Easy Superfood Recipes, you will find 150+ superfood recipes for breakfast, lunch and dinner. You are sure to find some new favorites that are enjoyable and beneficial - both for your body and for your senses. To make it easy for you, we decided to separate the recipes by main ingredient to highlight what you like and filter out what you don't. All of the links in the Table of Contents are clickable, so you can get to where you want to go in a flash.

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Michael Nunn:

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