



# Superfoods Cookbook [Second Edition]: Powerful Foods to Energize, Detoxify, and Lead a Healthy Lifestyle

*Sandra C. Anderson*

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Superfoods Cookbook [Second Edition] Powerful Foods to Energize, Detoxify, and Lead a Healthy Lifestyle ----- Now [Second Edition], with the following changes: \* New content: Additional text to introduction - 422 words. \* New content: Multiple recipes - 3835 words. \* Improved formatting and editing ----- Unless you've been hiding under a rock for the last several years, you've probably heard plenty about super foods. You may have seen a super food list in a magazine or online or heard people you know talking about healthy super foods. In many cases, these foods are exotic, fairly difficult to come by and decidedly expensive - not to mention tending to come and go, quickly replaced by a new super food of the week. It's already easy enough to be confused about just what is and isn't healthy, much less whether a given superfood cookbook you see on store shelves is something that you can actually use. That's why this super foods cookbook was written. It's a super food cookbook designed for the average person, featuring healthy, wholesome foods which are packed with vitamins, minerals, antioxidants and more - and that you can find at your local supermarket. Some of the most super super foods of all aren't some exotic South American berry or herb that you've never heard of before. As you'll learn when you read this practical superfoods book, sweet potatoes, beans, salmon, berries, walnuts and many other readily available foods which you're already familiar with are, in fact, super foods which can help you to gain better health and help prevent illnesses, as well as making you feel your absolute best. As healthy recipe books go, this is one cookbook which you'll be able to use right away. You may be surprised by just how easy it actually is to eat a diet rich in superfoods and by how much you love the recipes in this cookbook!

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