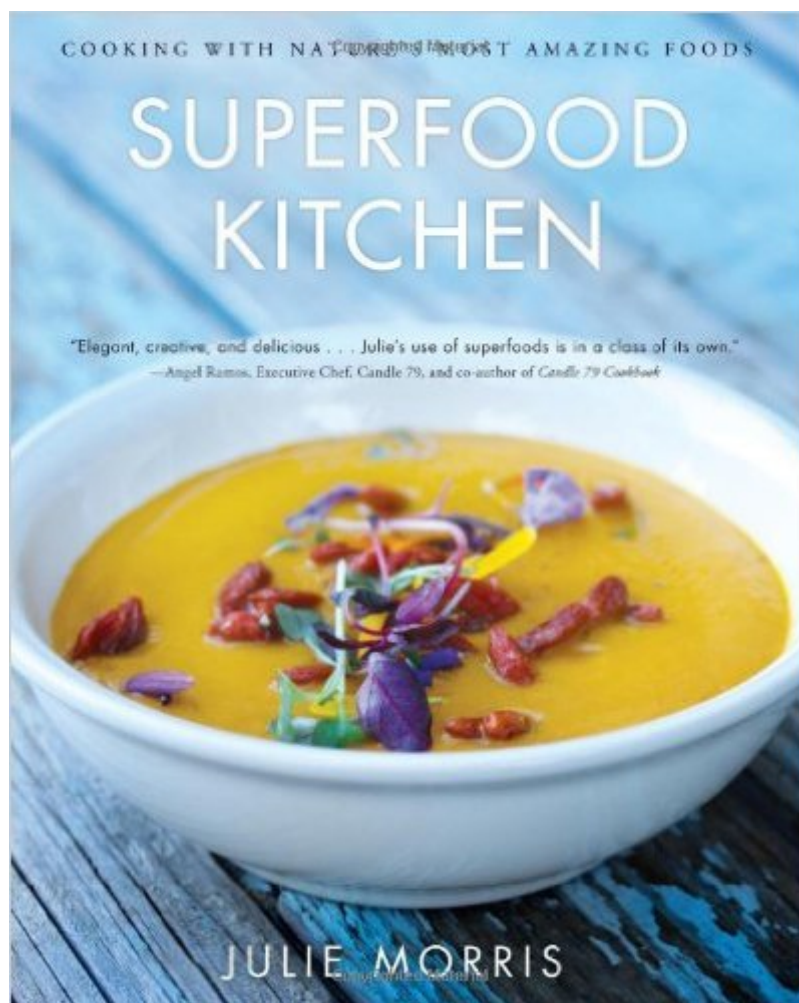


The book was found

Superfood Kitchen: Cooking With Nature's Most Amazing Foods



Synopsis

Welcome to the SUPERFOOD culinary revolution! In Superfood Kitchen, beautiful dishes are entirely composed of plant-based, nutrient-dense, and whole foods that energize, nourish, and taste delicious. Each recipe artfully combines natural ingredients that deliver amazing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. The mouthwatering superfood meals--from Goldenberry Pancakes to Quinoa Spaghetti with Cashew Cream Sauce and Chard--will make you feel as good as they taste. The pages glow with beautiful color photographs that will inspire home cooks to start enjoying the sumptuous pleasures of earth's best foods.

Book Information

Hardcover: 256 pages

Publisher: Sterling Epicure; 1 edition (November 6, 2012)

Language: English

ISBN-10: 145490352X

ISBN-13: 978-1454903529

Product Dimensions: 1.2 x 8.5 x 10.5 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (143 customer reviews)

Best Sellers Rank: #29,562 in Books (See Top 100 in Books) #71 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods #585 inÂ Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

I am finishing up my natural food chef training (it was on my bucket list), and spotted this book yesterday. We learned a little about superfoods, and made a few recipes that used some of them, but that was about it. So a huge thank you to Julie Morris, for writing such a terrific book about Superfoods. Morris explains what a superfood is, why we need nutrient dense foods, and how to set up your kitchen, both in equipment and ingredients. I particularly appreciate her extensive explanation of ingredients. For example, what is a Camu Camu Berry, flavor notes for the berry, recommended forms of it, and the use of them. The book features gorgeous photography, which Morris did herself, and a beautiful layout and design, which shows her background in design before becoming a Natural Foods Chef. It would benefit all of us to eat more of these amazing foods and this book presents everything so clearly. The recipes look like they would appeal to just about everyone. The recipes look fresh, fabulous, and yes, the ingredients might seem strange if you are

not used to superfoods. But the whole point is to learn what they are, and how to cook with them. The recipes will appeal to a wide range of people, not just those into 'health foods'. So they will be great to sneak into your spouse's diet or your kids food as well. The ingredient lists contain a special symbol to annotate which of the foods are superfoods.

A beautifully designed book that is perfect for anyone delving into the realm of superfoods for the first time. The recipes are unique and inspiring (and so far, absolutely delicious!). It does call for exotic ingredients (I mean, that's what Superfoods are!). But the benefits are explained and are readily obtainable through iHerb, and her website for the most part. Having said that, I must admit that my heart sank when the first recipe called for "wheat flour". After her introduction about the anti-inflammatory and health promoting benefits of Superfoods, I was appalled to see that there was no recognition that Gluten is pro-inflammatory and gut damaging. Based on the extensive research reviewed by Dr Tom O'Bryan and Willaim Davis (author of Wheat Belly), Gluten has been found to be a health damaging food. The alternatives to gluten are pushed aside to purchase "gluten free flour" (which one?) instead, with the necessary modifications omitted. The book's claims are not supported by the evidence and touts repeated myths (that have long been disproven), such as avoiding dietary cholesterol to prevent heart disease and pH balancing. The one reference to a single study she cites isn't even acknowledged! Where is she getting her information from? She does make reference to the China Study, which has a flawed research design (you can read an evidence based perspective, here <http://www.cholesterol-and-health.com/China-Study.html>) and only demonstrates a weak correlation that hasn't been well supported by other research (which is not a definitive result). These are just a few examples of the unsubstantiated claims she makes throughout the book.

[Download to continue reading...](#)

Superfood Kitchen: Cooking with Nature's Most Amazing Foods
Coffee Designs: Take a Coffee Break! 50 Amazing Coffee And Superfood Patterns for Stress Free (Coffee Designs, Superfood Patterns, Stress Free)
Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes
Food With Benefits: The JingSlingers' Delicious and Game-Changing Organic SuperFood Recipes of Gluten-Free & Sugar-Free, Paleo, Vegan & Omnivore Comfort Foods
Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri ... Ninja Kitchen System Cookbooks) (Volume 1)
Quinoa Cookbook: Nutrition Facts, Cooking Tips, and 116

Superfood Recipes for a Healthy Diet Superfood Juices & Smoothies: 100 Delicious and Mega-Nutritious Recipes from the World's Most Powerful Superfoods The Cooking of Spain and Portugal, plus accompanying Recipes: The Cooking of Spain and Portugal (Time-Life Foods of the World) Nature's Cancer-Fighting Foods: Prevent and Reverse the Most Common Forms of Cancer Using the Proven Power of Whole Food and Self-Healing Strategies Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Foods to Fight Cancer: Essential foods to help prevent cancer The Complete Guide to Drying Foods at Home: Everything You Need to Know about Preparing, Storing, and Consuming Dried Foods (Back to Basics) Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss Williams-Sonoma Foods of the World: Florence: Authentic Recipes Celebrating the Foods of the World #Food #Coloring Book: #FOOD is Coloring Book No.7 in the Adult Coloring Book Series Celebrating Foods, Snacks & Treats (Coloring Books, Foods, ... Series of Adult Coloring Books) (Volume 7) Chakra Foods for Optimum Health: A Guide to the Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart, and Heal Body, Mind, and Spirit The New Outdoor Kitchen: Cooking Up a Kitchen for the Way You Live and Play Kitchen Workshop-Pizza: Hands-on Cooking Lessons for Making Amazing Pizza at Home The Process of Creating Life: Nature of Order, Book 2: An Essay on the Art of Building and the Nature of the Universe (The Nature of Order)(Flexible)

[Dmca](#)