



## Super Clean Super Foods: Boost Your Health (Hardback)

By Caroline Bretherton, Fiona Hunter

Dorling Kindersley Ltd, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. If you re feeling overwhelmed by clean eating advice, look no further. Super Clean Super Foods is the ultimate nutritional guide to superfoods, telling you all you need to know to power up your plate. Super Clean Super Foods offers an introduction to over 90 delicious superfoods including quinoa, acai, buckwheat, chia seeds, kale, tumeric, coconut, and matcha, showing you the nutritional benefits of each. Enrich your diet with the world s healthiest foods, with advice on the best superfoods for pregnancy, children, energy-boosting, and over-50s. Learn how to prepare unfamiliar ingredients and which ingredients to mix with tips for 200 tasty ways to prepare your superfoods. Supercharge your plate, energise and boost your health, and introduce vitamins and minerals into your diet with Super Clean Super Foods.

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