

Superfoods

Healthy, Nourishing
and Energizing
Recipes

CINZIA TRENCHI



WHITE STAR PUBLISHERS

Resumo de Superfoods: Healthy, Nourishing and Energizing Recipes

Superfoods like goji berries, spinach, bulgur, and yogurt are nutritional treasures and a path to good health. With these delicious, quick, and easy-to-follow recipes, it's simple to integrate them into your daily diet and increase your intake of vitamins, minerals, and fiber.

Organized into five sections, from starters to entrees to desserts, the meals focus on fresh fruits and vegetables, whole grains, nuts, beneficial spices, and even chocolate. Enjoy Spinach Pie, Quinoa Flan with Peppers, Saffron Tagliatelle, Potato Balls with Chia Seeds, Sauteed Arugula with Turkey Slices, Pistachio Pie, and much more!"

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