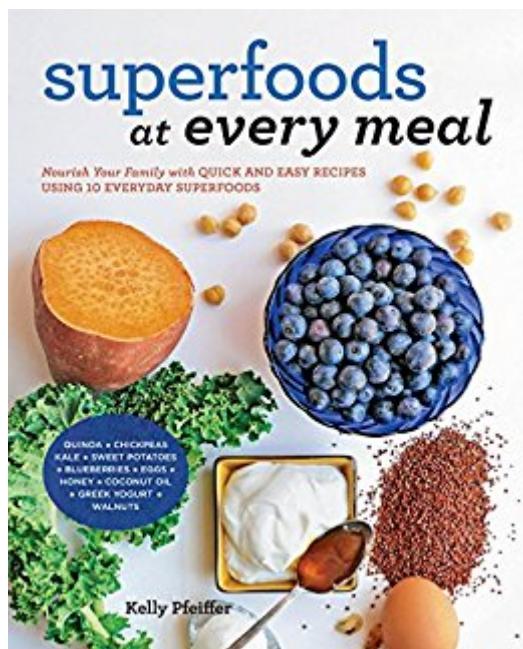


The book was found

# Superfoods At Every Meal: Nourish Your Family With Quick And Easy Recipes Using 10 Everyday Superfoods: \* Quinoa \* Chickpeas \* Kale \* Sweet Potatoes \* ... Honey \* Coconut Oil \* Greek Yogurt \* Walnuts



## **Synopsis**

Most people can list a few superfoods that they know they should be eating, but not everyone knows how to use and incorporate these foods into their daily diet. Superfoods at Every Meal makes it simple. Just ten nourishing ingredients you know and love - quinoa, chickpeas, kale, sweet potatoes, blueberries, eggs, honey, coconut oil, greek yogurt, and walnuts - featured in delicious, everyday meals. With each recipe featuring at least two (and oftentimes four or five) of these superfoods, you'll find it simple to treat your family - no matter how picky they may be! - to wholesome foods at breakfast, lunch, and dinner. Here are just a few of the delicious recipes you'll find inside: Sweet Potato Muffins with Walnut Streusel, Kale Egg Scramble, Quinoa Breakfast Tacos, Blueberry Bruschetta, Honey Mustard Chicken, Salad Salmon Chowder with Cashew Cream, Chickpea Pesto Bagelwich, BBQ Apple Cheddar Quesadilla, Black Bean Quinoa Burgers, Honey Sesame Fish Tacos with Lime Greek Yogurt Sauce, Double Chocolate Swirl Brownies, and Sweet Potato Pie on a Maple Quinoa Crust. Forget the goji berries and spirulina, and eat real food with real recipes you'll come back to time and time again with Superfoods at Every Meal.

## **Book Information**

File Size: 34800 KB

Print Length: 176 pages

Publisher: Fair Winds Press (January 15, 2015)

Publication Date: January 15, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00SG9FA9I

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #126,020 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #15 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Potatoes #42 in Books > Cookbooks, Food & Wine > Desserts > Frozen Desserts #90 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Natural Foods

## **Customer Reviews**

Okay, full disclosure. I'm a huge fan of Kelly Pfeiffer and her blog Nosh and Nourish. I have been following her for a while now, and I have made a lot of her recipes. What I love about the food that she shares is that they are original creations, they are flavorful and delicious, and they have healthy components as well. In her first actual "print" cookbook (she does have an e-book cookbook which I also highly recommend), Kelly focuses on recipes that incorporate one or more of the following superfoods: 1) Quinoa 2) Chickpeas 3) Kale 4) Sweet Potatoes 5) Blueberries 6) Eggs 7) Honey 8) Coconut Oil 9) Greek Yogurt and 10) Walnuts. She takes time in the beginning of the book to briefly explain why those ten items are classified as superfoods and gets you excited about using them. One of the first things you'll notice when flipping through the pages in the book is the pictures. They are fantastic! Don't be surprised if your mouth begins to water just looking at the pages. I know mine did! The book is broken down into the following chapters: 1) Superfoods and the Nourished Family (an introduction where she introduces herself and her family, tells her story, and teaches you about the superfoods you'll be using in the book. 2) Breakfast & Brunch 3) Appetizers 4) Soups and Salads 5) Sandwiches & Quesadillas 6) Main Dishes 7) Desserts. So as you can see, she has thought of everything. Within days of owning the book, my wife and I dived in and started cooking.

I have followed Kelly's blog for years now and was so excited that she was producing her own cookbook. It was refreshing to read as the recipes are not only delicious, but also focuses on simple easy ingredients that benefit the body with nutrient dense foods. Once I received my cook book I ordered the coconut oil and began to experiment with her recipes. You simply cannot get this book and resist planning recipes weeks in advance so you can try all of these yummy creations! So often I see cookbooks that attempt to deliver recipes to assist in guiding people to healthy ways of life. They fall short where Kelly succeeds in every way! Kelly organizes food by health benefits not by cutting things out or using all those "reduced fat/ sugar" (which everyone should just read as chemical S#@^ storm). That positive spin alone allows individuals seeking healthier lifestyles to view the adaptions you make as a positive rather than restrictive lifestyle. I enjoy thinking of the good things I can do to support my body from what I have learned in this cook book. I will undoubtedly begin my own experiments with the superfoods Kelly has shown me how to use. I | my family | and my house guests owe her our sincere gratitude for that change in our life. This cookbook takes regular recipes and breathes new life into them. Swapping out simple ingredients for healthier versions can sometimes be an overwhelming task. Kelly simplifies the process and makes the recipes exciting and new! Her smashed berry & balsamic kale grilled cheese is to die for. .. hands down AHHHH-MAZING ! And if you are having a party try the 7 layer greek dip (with a

nutritious base of quinoa!) or the equally delectable and nutritious kale & artichoke dip. I promise you your guests will have no idea they are eating healthy!!

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

Superfoods at Every Meal: Nourish Your Family with Quick and Easy Recipes Using 10 Everyday Superfoods: \* Quinoa \* Chickpeas \* Kale \* Sweet Potatoes \* ... Honey \* Coconut Oil \* Greek Yogurt \* Walnuts Cooking With Coconut Oil Vol. 1 - 50 Coconut Oil Recipes Promoting Health, Wellness, & Beauty - Coconut Oil Cookbook - Coconut Oil Uses - Coconut Oil (Coconut Oil Diet And Recipes) Greek: Greek Recipes - The Very Best Greek Cookbook (Greek recipes, Greek cookbook, Greek cook book, Greek recipe, Greek recipe book) Coconut Oil and Apple Cider Vinegar: 28 Mind Blowing Uses for Coconut Oil and Apple Cider Vinegar (The Apple Cider Vinegar and Coconut Oil Bible - Amazing Benefits, Many Uses, and Natural Cures) Essential Oils Box Set #17: Coconut Oil for Skin Care & Hair Loss & Healing Babies and Children with Aromatherapy for Beginners (Coconut Oils, Skin Care, ... Healing, Detox, Virgin Coconut Oil) GREEK MYTHOLOGY: Greek Gods Of Ancient Greece And Other Greek Myths - Discovering Greek History & Mythology - 3rd Edition - With Pics (Greece, Greek, Egyptian ... Greek History, Mythology, Myths Book 1) 50 Easy Frozen Yogurt Recipes - The Frozen Yogurt Cookbook (The Summer Dessert Recipes And The Best Dessert Recipes Collection) Diffuser Recipes: Essential Oil Diffuser Recipes For Weight Loss, Better Sleep & Fat Loss (Aromatherapy, Essential Oils, Detox, Cleanse, Healthy Living, ... Lavender Oil, Coconut Oil, Tea Tree Oil) Meal Prep: Amazing Meal Prep Recipes: Healthy Meals, Clean Eating, & Meal Prep for Weight Loss (Meal Prep for Weight Loss & Meal Prep Recipes) The Everything Gluten-Free Slow Cooker Cookbook: Includes Butternut Squash with Walnuts and Vanilla, Peruvian Roast Chicken with Red Potatoes, Lamb with ... Lattes...and hundreds more! (EverythingÃ Â®) The Coconut Oil and Low-Carb Solution for Alzheimer's, Parkinson's, and Other Diseases: A Guide to Using Diet and a High-Energy Food to Protect and Nourish the Brain Superfoods Super Quick: 21 Days of Super Fabulous Superfoods Meal Plans - Free Bonus 100 Paleo Recipes (Ultimate Health and Wellbeing) Essential Oils: 120+ Essential Oils Recipes For Diffusers, Aromatherapy, Natural Remedies For Skin And Hair Care: (Essential Oils For Weight Loss, Aromatherapy) ... Oils, Essential Oils For Allergie) Honeymoon Planning: Plan a Romantic Trip of a Lifetime: The Ultimate Honeymoon Planner Guide Book to Help Plan the Perfect Getaway: Dream Destination Ideas, Honeymoon Hotels, and Honeymoon Ideas The Mega Crockpot Recipes Box Set: Crockpot Recipes, Slow Cooker Recipes, Crock pot Recipes, Dump Dinner Recipes, Quick Meal Recipes: Over 300 All Time ... Recipes For You & Your family (99+1 Book 4) Meal Prep: The Essential Guide To Quick And Easy Meal Prepping With 50 Delicious Recipes For Weight Loss

(Meal Planning, Batch Cooking) The Quinoa Quookbook: 100 Quintessential Recipes Featuring Quinoa-the "Super Food" Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Gluten Free Recipes: 39 Gluten Free Recipes With Rice, Polenta, Beans And Quinoa Plus Delicious Vegetable Side Dishes To Complete Your Gluten Free Meal-Discover ... Gluten Free Recipes On a Budget Book 6) The Essential Ketogenic Meal Prep Guide: Spend Less Time in the Kitchen and More Time Living Life (Ketogenic Diet Meal Plan, Meal Prep, Ketosis, Meal Preparation, Batch Cooking, Budget Cooking)

[Dmca](#)