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Super Foods Every Day: Recipes Using Kale, Blueberries, Chia Seeds, Cacao, and Other Ingredients that Promote Whole-Body Health

Sue Quinn

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A collection of more than 60 dishes that showcase super foods--ingredients from kale and seaweed to cocoa and avocado that are brimming with vitamins, minerals, and disease-fighting nutrients.

Discover the health-boosting benefits of foods like kale, cauliflower, blueberries, and dark chocolate. Find the perfect ingredients to help protect against cancer, lower blood pressure and cholesterol, and improve your overall health. Energize your day with easy-to-follow, nutrient-dense, and tasty recipes. Learn simple ways to incorporate fiber-rich super foods into your diet every day.

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