



Superfoods 24/7: More Than 100 Easy and Inspired Recipes to Enjoy the World's Most Nutritious Foods at Every Meal, Every Day

By Jessica Nadel

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Superfoods 24/7: More Than 100 Easy and Inspired Recipes to Enjoy the World's Most Nutritious Foods at Every Meal, Every Day By Jessica Nadel

Good-for-you superfoods have never been so easy to eat at every meal!

From on-the-go breakfasts to small bites to effortless dinners, *Superfoods 24/7* makes it easier than ever to eat the world's most nutritious foods at every meal, for a delicious, healthy kick all through the day. Its inventive, satisfying vegan recipes feature more than 35 superfoods, including:

Almonds • Amaranth • Avocado • Blueberries • Chia seeds • Cinnamon • Coconut • Edamame • Flax seeds • Ginger • Goji berries • Kale • Lentils • Matcha • Pomegranate • Pumpkin • Sweet Potato • Quinoa • Turmeric • And more!

Recipes include:

- Energizing Matcha Kale Smoothie
- Fluffy Banana Chia Pancakes
- Goji Berry Confetti Salad
- Adzuki Bean and Pumpkin Chili
- Cacao Mole Tofu with Slaw
- Almond Tahini Truffles

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Review

Shortlisted for the 2016 Taste Canada Award

“Inventive, satisfying vegan recipes”—*Atlanta Journal Constitution*

“This gorgeous book is one you will want in your kitchen.”—**SpaBettie**

“Do yourself a favour and grab a copy of this book.”—**A Dash of Compassion**

“[*Superfoods 24/7*]made it easy to incorporate superfoods into daily meals and snacks.”—**Fran Costigan**

“Once you see how easy it is to incorporate wonderful nutrition into your diet—very deliciously, to boot—you will find yourself feeling and being in a state of better-ness.”—**Zsu's Vegan Pantry**

“This book is pretty amazing.”—**Sunday Morning Banana Pancakes**

“Filled with delicious recipes and gorgeous photos.”—**Fried Dandelions**

“As always, [Nadel's] tone is warm, welcoming, and accessible, and her recipes are totally unfussy.”—**Gena Hamshaw, *The Full Helping***

About the Author

Jessica Nadel writes the popular blog *Cupcakes and Kale* and is the author of *Greens 24/7* (The Experiment, 2014). She has a passion for healthy, local, plant-based eating and thinks that in a diet of vibrant, nourishing meals there is room for a cupcake or two. She is also the proprietor/baker at Oh My Bakeshop, a natural and organic bakery. She lives in Ontario, Canada.

Users Review

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Roxanne Pineda:

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