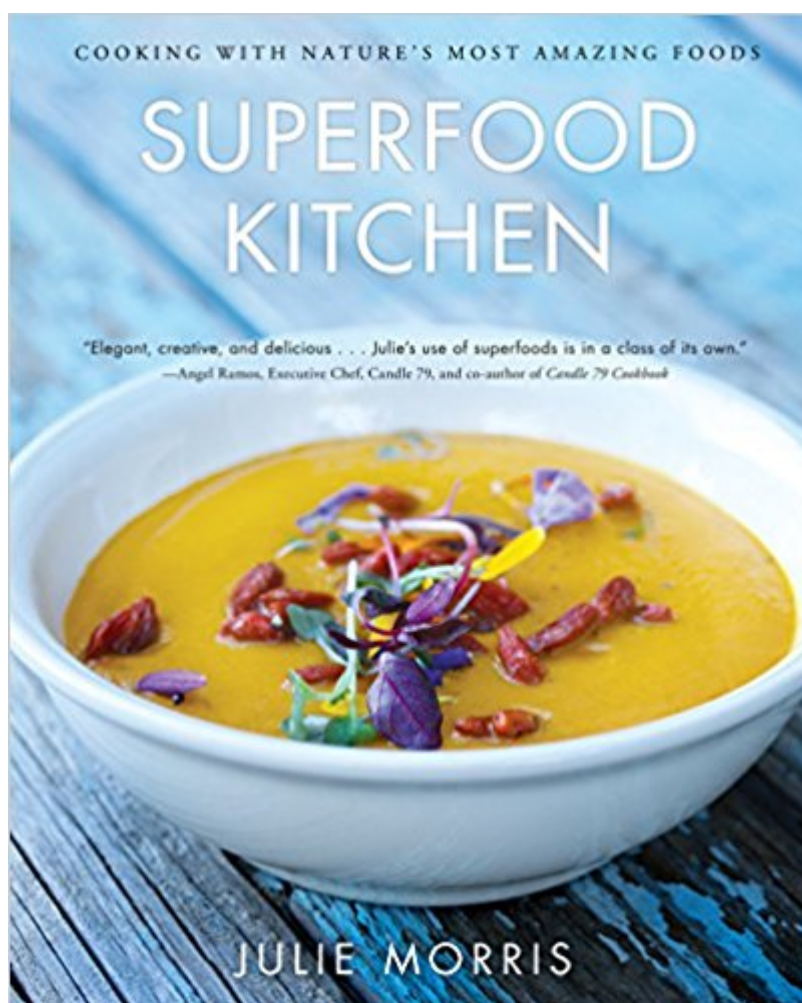




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# Superfood Kitchen: Cooking With Nature's Most Amazing Foods (Julie Morris's Superfoods)



## Synopsis

Welcome to the SUPERFOOD culinary revolution! In Superfood Kitchen, beautiful dishes are entirely composed of plant-based, nutrient-dense, and whole foods that energize, nourish, and taste delicious. Each recipe artfully combines natural ingredients that deliver amazing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. The mouthwatering superfood meals--from Goldenberry Pancakes to Quinoa Spaghetti with Cashew Cream Sauce and Chard--will make you feel as good as they taste. The pages glow with beautiful color photographs that will inspire home cooks to start enjoying the sumptuous pleasures of earth's best foods.

## Book Information

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## Customer Reviews

Converts to organic, power, and other good-for-you foods tend to be in-your-face proselytizers, promoting acai berries or quinoa or yacon (a South America tuber) regardless of price or local availability. In a sense, they stray from today's locavore and seasonal ingredients trends--finding nori sheets, for example, in a nonurban neighborhood is far less satisfying than putting together a broccoli and nut salad. Morris is no different, though certainly not as strident. She starts with her personal nutritional journey as she began to understand the power of Aggregate Nutrient Density Index (ANDI). The more than 100 recipes aside, Morris details what's needed to create a superfood kitchen and pantry, cataloging ingredients from acai berries to yacon with flavor notes, recommended forms, and best uses. Techniques, too, receive their own focus, with discussions of equipment conventional (e.g., blender) as well as nontraditional, such as the

dehydrator. Helpful appendixes include a superfood substitution cheat sheet, conversion charts, how to make nut and seed milks, frequently asked questions, and an ingredient resources guide.

--Barbara Jacobs

"Morris details what's needed to create a superfood kitchen and pantry, cataloging ingredients from acai berries to yacon with flavor notes, recommended forms, and best uses. Techniques, too, receive their own focus, with discussions of equipment conventional (e.g., blender) as well as nontraditional, such as the dehydrator. Helpful appendixes include a superfood substitution cheat sheet, conversion charts, how to make nut and seed milks, frequently asked questions, and an ingredient resources guide." --Booklist

This is a great cookbook for anyone who wants to know about superfoods and what do with them. Julie Morris does a great job in explaining how certain foods, like chia seeds, work. Many of the food products are not available in my area, but through and other health food websites, I was able to get almost all the product items easily. I have made approximately 8-10 of these recipes so far and all of them have turned out great. The kale chips are really good.

some really good recipes - my fav is the pesto with hemp seeds I mean really, really yummy. Julie provided a comprehensive description of most superfoods and that really helped me to understand what to buy and why besides other wonderful recipes. Sometimes, though I get the feeling she is a salesperson for a particular brand of superfoods (very expensive brand). Her recipes are good though.

I really love this book! It's very informative. Everything I've tried is wonderful. Some of the ingredients are way outside of my comfort zone, but the final product is so good it doesn't matter. At the beginning of the book she explains all the super foods, which helps me to understand why I'm putting seaweed flakes in my chili (I needed a lot of convincing, but it turns out that was one of the best meals in there). I can tell a difference in my energy level and I feel overall better when I eat these foods. Also the picture are very pretty.

For those that love a good cookbook, this is one you must have, but it is much more. Julie takes you on a journey into the world of Superfoods. This is a new subject for most , but growing in popularity. Julie is an excellent chef that really creates some amazing dishes. Her Italian Quinoa Stew is

probably the best thing I've ever made. And her cheesy Broccoli is just pure yum, you'll never deride broccoli after tasting this. 5 stars isn't enough for this gem !

I had read Julie Morris' other book, "Superfood Smoothies", and had enjoyed it so much. "Superfood Kitchen" did not add a whole lot to either my knowledge-base or in terms of viable recipes. Julie is a Vegan, which limits quite a bit the types of recipes that she can offer. I did try out three of her recipes and did very much like one of them.

Wow does this book give you not only a ton of valuable info on the main "superfoods" but GREAT recipes.

Get it. Read it. And USE it. It will change your life. Truly made such a difference in several of our lives, yes, I have gifted, and recommended this book to numerous people (no I am not related or credited in any way by the author), that have also paid it forward as well. Just buy it. You'll love it.

Very informative and interesting resource book for those seeking a plant based diet. I made the Chipotle Chili with Avocado Sour Cream last night and it was delicious! Looking forward to preparing more dishes from Morris's, Superfood Kitchen!

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