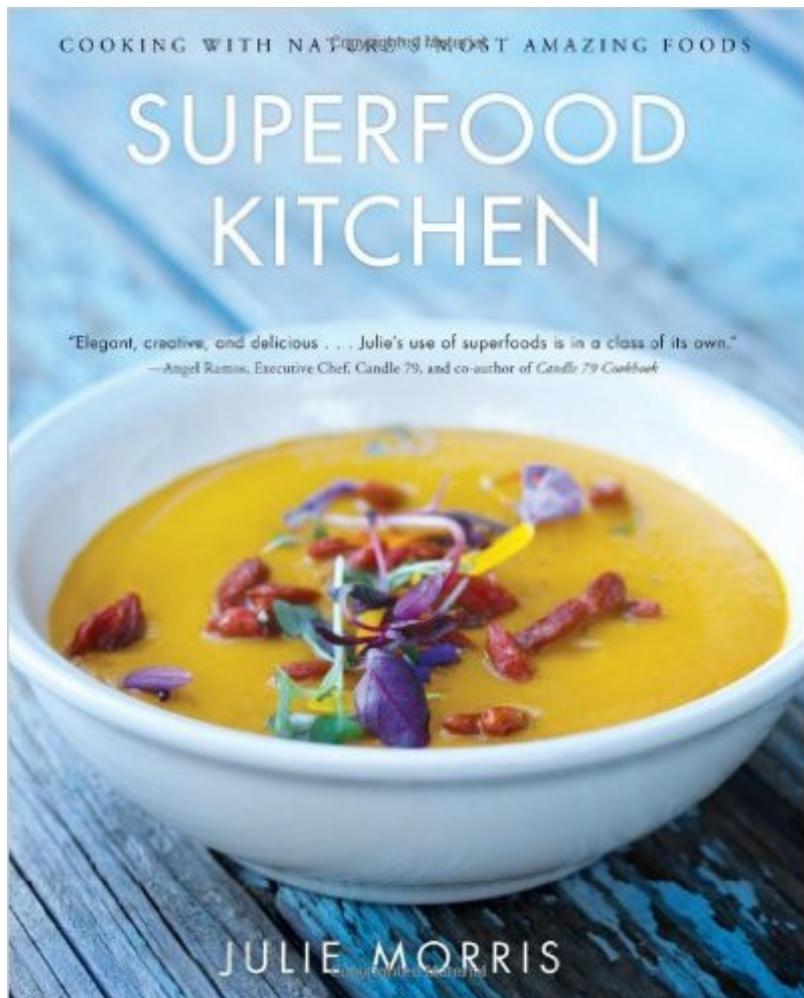


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# Superfood Kitchen: Cooking With Nature's Most Amazing Foods



## 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

I am finishing up my natural food chef training (it was on my bucket list), and spotted this book yesterday. We learned a little about superfoods, and made a few recipes that used some of them, but that was about it. So a huge thank you to Julie Morris, for writing such a terrific book about Superfoods. Morris explains what a superfood is, why we need nutrient dense foods, and how to set up your kitchen, both in equipment and ingredients. I particularly appreciate her extensive explanation of ingredients. For example, what is a Camu Camu Berry, flavor notes for the berry, recommended forms of it, and the use of them. The book features gorgeous photography, which Morris did herself, and a beautiful layout and design, which shows her background in design before becoming a Natural Foods Chef. It would benefit all of us to eat more of these amazing foods and this book presents everything so clearly. The recipes look like they would appeal to just about everyone. The recipes look fresh, fabulous, and yes, the ingredients might seem strange if you are

not used to superfoods. But the whole point is to learn what they are, and how to cook with them. The recipes will appeal to a wide range of people, not just those into 'health foods'. So they will be great to sneak into your spouse's diet or your kids food as well. The ingredient lists contain a special symbol to annotate which of the foods are superfoods.

A beautifully designed book that is perfect for anyone delving into the realm of superfoods for the first time. The recipes are unique and inspiring (and so far, absolutely delicious!). It does call for exotic ingredients (I mean, that's what Superfoods are!). But the benefits are explained and are readily obtainable through iHerb, and her website for the most part. Having said that, I must admit that my heart sank when the first recipe called for "wheat flour". After her introduction about the anti-inflammatory and health promoting benefits of Superfoods, I was appalled to see that there was no recognition that Gluten is pro-inflammatory and gut damaging. Based on the extensive research reviewed by Dr Tom O'Bryan and William Davis (author of Wheat Belly), Gluten has been found to be a health damaging food. The alternatives to gluten are pushed aside to purchase "gluten free flour" (which one?) instead, with the necessary modifications omitted. The book's claims are not supported by the evidence and touts repeated myths (that have long been disproven), such as avoiding dietary cholesterol to prevent heart disease and pH balancing. The one reference to a single study she cites isn't even acknowledged! Where is she getting her information from? She does make reference to the China Study, which has a flawed research design (you can read an evidence based perspective, here <http://www.cholesterol-and-health.com/China-Study.html>) and only demonstrates a weak correlation that hasn't been well supported by other research (which is not a definitive result). These are just a few examples of the unsubstantiated claims she makes throughout the book.

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