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## Superfoods

By Rena Patten

New Holland Publishers. Paperback. Book Condition: new. BRAND NEW, Superfoods, Rena Patten, 'Superfoods' are everyday foods that are considered to have an abundance of health-promoting properties. These foods have unusually high levels of antioxidants, vitamins and minerals that can help protect our bodies against illness as well as improve our wellbeing and emotional health. They include dark green or brightly coloured vegetables, oily fish and all legumes. Some of the best known include broccoli, blueberries, pomegranate seeds, apples, quinoa and chia. As many of these foods are easily available it makes sense to incorporate as many of them as possible into our diet. Rena Patten has therefore created this delicious collection of simple, tasty and visually appealing recipes to make for everyday, with each recipe featuring at least one superfood.



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