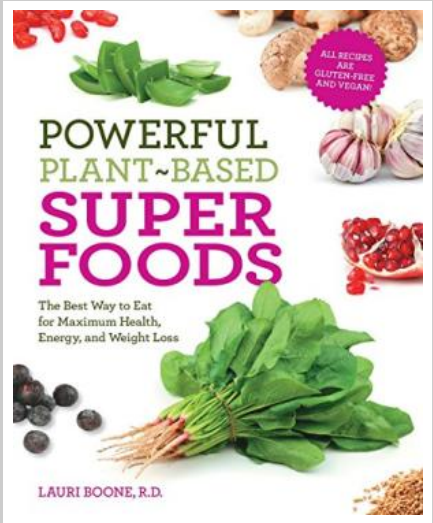



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# Powerful Plant-based Superfoods: The Best Way to Eat for Maximum Health, Energy, and Weight Loss

By Lauri Boone

Fair Winds Press. Paperback. Book Condition: new. BRAND NEW, Powerful Plant-based Superfoods: The Best Way to Eat for Maximum Health, Energy, and Weight Loss, Lauri Boone, Powerful Plant-Based Superfoods is your definitive guide to 50 of the leading superfoods for optimal health and vitality. Everyone knows that fruits and vegetables are a fundamental part of a healthy diet, but plant-based superfoods are the power elite. Revered by many ancient cultures for their ability to heal and energize the body, plant-based superfoods are the most nutrient-dense foods on the planet. Powerful Plant-Based Superfoods features 50 top superfoods and discusses their unique benefits and how they can be integrated into your diet for incredible health and amazing taste. From local superfoods--like greens, berries, and garlic--to more exotic superfoods--like maca, cacao, and yacon--Powerful Plant-Based Superfoods also includes 50 nutrient-rich recipes that are all naturally vegan and gluten free. From Berry Lavender Ice Cream and Mesquite Sweet Potato Hash to Luscious Cashew Cream Spinach Soup and Carob Bark, you can begin to work superfoods into your daily diet--effortlessly and deliciously--one meal and snack at a time. A beautiful compilation of information, tips, recipes, and photos, Powerful Plant-Based Superfoods will inspire you to start working...

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