



Peruvian Power Foods: 18 Superfoods, 101 Recipes, and Anti-aging Secrets from the Amazon to the Andes

By Manuel Villacorta MS RD

HCl. Paperback. Condition: New. 304 pages. While superfoods have entered the health conversation in recent years, many people are unaware that some of the most powerful foods on the planet hail from Peru. Not only are these superfoods teeming with healing effects, they are also packed with flavor, transforming ordinary, everyday healthy meals into the extraordinary. Peruvian Power Foods introduces the top superfoods from the Andes to the Amazon and their myriad health benefits. Choosing from more than 100 recipes, you'll learn traditional and innovative dishes inspired by one of the most exciting cuisines today, celebrated by chefs around the globe. From super-quick smoothies and energy-packed breakfasts to sublime entrees, cocktails and more, you can satisfy your palate while eating for longevity and vitality. Indulge yourself with: Breakfast granola made with lucuma, a tangy tropical fruit that helps balance high blood pressure. Savory white bean hummus with sachu inchi, a powerful omega-3 for heart health and brain power. Gluten-free morning muffins made with pichuberry, a cancer-fighting power fruit, glucose controller, and excellent source of Vitamin D. Energy-boosting exercise shake made with maca, an anti-inflammatory and antioxidant known as Nature's Viagra because it helps potency in men. Decadent dessert truffles made...



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Reviews

This book is really gripping and interesting. Of course, it is actually perform, still an interesting and amazing literature. You will not truly feel monotony at whenever you want of your time (that's what catalogues are for concerning when you request me).

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