



## Superfoods Kale: 21 Healthy and Easy Recipes to Nourish the Mind, Body and Soul (Paperback)

By Anna Ross

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Superfoods Kale: 21 Healthy and Easy Recipes to Nourish the Mind, Body and Soul. Get this Amazon bestseller for a special price today! Regularly priced at \$3.99. Read on your PC, Mac, smart phone, tablet or Kindle device. When I m having a bad day, I go to the grocery store and push a cart full of Kale around until I feel superior to everyone - unknown This book takes you into a world of cooking with Kale - a healthy food packed full of nutrients, vitamins and fibre and often described as a superfood. Kale can be a part of your healthy eating and lifestyle. This book highlights the superfood Kale in twenty one recipes including smoothies, appetizers, salads and main meals. The recipes featured in this book use every day, easy to find, ingredients and whole foods that you are probably already using. If you haven t cooked with kale before, this collection of recipes will help you bring kale into simple everyday meals and bring the health benefits of this amazing food into your daily diet....



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