



# Superfoods 24/7: More Than 100 Easy and Inspired Recipes to Enjoy the World's Most Nutritious Foods at Every Meal, Every Day

By Jessica Nadel

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**Superfoods 24/7: More Than 100 Easy and Inspired Recipes to Enjoy the World's Most Nutritious Foods at Every Meal, Every Day** By Jessica Nadel

**Good-for-you superfoods have never been so easy to eat at every meal!**

From on-the-go breakfasts to small bites to effortless dinners, *Superfoods 24/7* makes it easier than ever to eat the world's most nutritious foods at every meal, for a delicious, healthy kick all through the day. Its inventive, satisfying vegan recipes feature more than 35 superfoods, including:

Almonds • Amaranth • Avocado • Blueberries • Chia seeds • Cinnamon • Coconut • Edamame • Flax seeds • Ginger • Goji berries • Kale • Lentils • Matcha • Pomegranate • Pumpkin • Sweet Potato • Quinoa • Turmeric • And more!

Recipes include:

- Energizing Matcha Kale Smoothie
- Fluffy Banana Chia Pancakes
- Goji Berry Confetti Salad
- Adzuki Bean and Pumpkin Chili
- Cacao Mole Tofu with Slaw
- Almond Tahini Truffles

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### Editorial Review

Review

#### Shortlisted for the 2016 Taste Canada Award

“Inventive, satisfying vegan recipes”—*Atlanta Journal Constitution*

“This gorgeous book is one you will want in your kitchen.”—**SpaBettie**

“Do yourself a favour and grab a copy of this book.”—**A Dash of Compassion**

“[*Superfoods 24/7*]made it easy to incorporate superfoods into daily meals and snacks.”—**Fran Costigan**

“Once you see how easy it is to incorporate wonderful nutrition into your diet—very deliciously, to boot—you will find yourself feeling and being in a state of better-ness.”—**Zsu's Vegan Pantry**

“This book is pretty amazing.”—**Sunday Morning Banana Pancakes**

“Filled with delicious recipes and gorgeous photos.”—**Fried Dandelions**

“As always, [Nadel's] tone is warm, welcoming, and accessible, and her recipes are totally unfussy.”—**Gena Hamshaw, *The Full Helping***

About the Author

**Jessica Nadel** writes the popular blog *Cupcakes and Kale* and is the author of *Greens 24/7* (The Experiment, 2014). She has a passion for healthy, local, plant-based eating and thinks that in a diet of vibrant, nourishing meals there is room for a cupcake or two. She is also the proprietor/baker at Oh My Bakeshop, a natural and organic bakery. She lives in Ontario, Canada.

### Users Review

#### From reader reviews:

##### Donna Miller:

In this 21st hundred years, people become competitive in every way. By being competitive now, people have do something to make all of them survives, being in the middle of the crowded place and notice by surrounding. One thing that at times many people have underestimated it for a while is reading. Yep, by reading a reserve your ability to survive enhance then having chance to remain than other is high. For you who want to start reading a new book, we give you this Superfoods 24/7: More Than 100 Easy and Inspired Recipes to Enjoy the World's Most Nutritious Foods at Every Meal, Every Day book as starter and daily reading e-book. Why, because this book is greater than just a book.

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**Brian Crafton:**

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