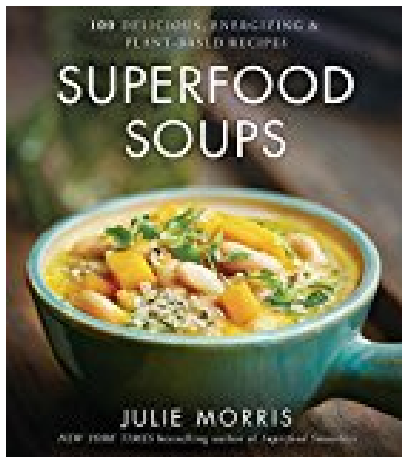


Superfood Soups 100 Delicious Energizing & Plant-based Recipes

Julie Morriss Superfoods



BOOK DETAILS

- Author : Julie Morriss
- Pages : 240 Pages
- Publisher : Sterling
- Language : English
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BOOK SYNOPSIS

Soups on and these mouthwatering recipes brim with goodness. Acclaimed superfood chef Julie Morriss has chosen 100 favorites packed with nutrient-dense and plant-based whole foods and boosted with such scientifically lauded superfoods as chia, medicinal mushrooms, turmeric, and kale. From a comforting Smoky Pumpkin Soup with Candied Seed Clusters, to an irresistibly inventive Watermelon Goji Gazpacho, to Cacao Black Bean Soup, every health-giving bowl delivers deeply nourishing and satisfying deliciousness."

SUPERFOOD SOUPS 100 DELICIOUS ENERGIZING & PLANT-BASED RECIPES JULIE MORRIS SUPERFOODS

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