



Try it! Superfoods Super Fast

By Michael Van Straten, Barbara Griggs

Dorling Kindersley Ltd. Paperback. Book Condition: new. BRAND NEW, Try it! Superfoods Super Fast, Michael Van Straten, Barbara Griggs, Which fruit can build your resistance to disease? Which vegetable is good for your liver? Eat your way to super health with Try It Superfoods, Super Fast. Whether you want to control your weight, boost your immune system or simply eat healthily Try It! Superfoods Super Fast reveals more than 100 superfood-based recipes - that can be ready in 30 minutes. Handy shopping lists and meal plans mean you will never be stuck for ideas. Find out which foods are super and why, how to create amazing dishes with them and ways to protect your health from combating stress and fatigue to tackling skin and joint problems. Give your health a boost with Try It! Superfoods, Super Fast!.



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