



## Superfood Breakfasts! (Hardback)

By Sara Lewis

Anness Publishing, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. Full of superfoods such as kale, quinoa, chia, avocado, edamame, blueberries, hemp seeds, brazil nuts, green tea, bio yogurt and spirulina, smoothie bowls, jars and bars are the super-trendy way to start the day. For a visual and nutritional boost add exotic nutrition-packed toppings such as crispy and crunchy homemade granola, maple-glazed seeds and jewel-like pomegranate seeds or goji berries. These fabulous breakfast ideas not only look good but do you good too. Those who eat breakfast both function better and lose weight more successfully. We should all be eating more fruit and vegetables and these bowls are just bursting with essential vitamins, minerals, good fats, good carbs and fibre to help keep our body in tip-top shape and to boost our immunity.



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