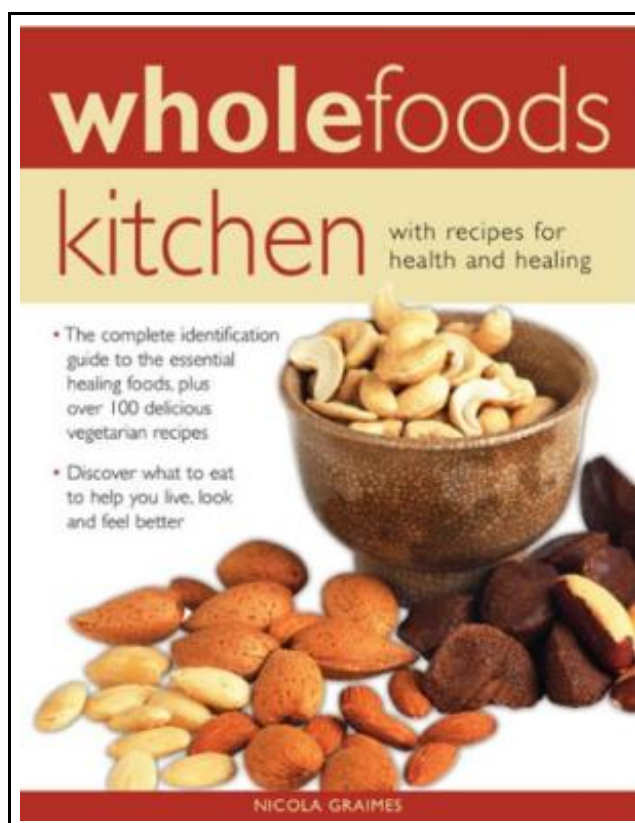


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Hermes House. Paperback. Book Condition: new. BRAND NEW, Wholefoods Kitchen: With Recipes for Health and Healing: The Complete Identification Guide to the Essential Healing Foods, Plus Over 100 Delicious Vegetarian Recipes - Discover What to Eat to Help You Live, Look and Feel Better, Nicola Graimes, This is the complete identification guide to the essential healing foods, plus over 100 delicious vegetarian recipes. You can discover what to eat to help you live, look and feel better. It features over 100 appetizing vegetarian recipes, from breakfasts and brunches to main meals, side dishes and salads, as well as desserts, bakes and breads. It contains down-to-earth advice from nutritionists about what to eat and how to achieve the correct balance of foods. It features a directory of ingredients, from herbs, fruit and vegetables to sprouted seeds, grains and cereals. Each dish has clear, step-by-step instructions and useful information on health benefits. It is an authoritative guide, with practical advice on choosing, preparing and cooking wholefoods. Numerous studies have revealed the benefits of eating the right balance of natural foods such as fruits, vegetables, whole grains, nuts, seeds and beans. This book is a guide to these ingredients, and includes over 100 vegetarian recipes. The first section provides a visual guide to wholefoods, including dairy products, tofu and herbs, spices and store-cupboard staples. With essential facts about healing qualities and nutritional value, it explains how each food boosts health, and the link between diet and health. Find out which foods help to lower cholesterol, reduce the risk of heart disease and lower your cancer risk. The second section contains a fantastic collection of healthy recipes to try. This book is ideal if you want to know more about foods that can make you look and feel better, and will inspire every health-conscious...



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