

[PDF] Super Natural Every Day: Well-Loved Recipes From My Natural Foods Kitchen

Heidi Swanson - pdf download free book



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Author: Heidi Swanson

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Description:

Recipe Excerpts from Super Natural Every Day

--This text refers to an alternate edition.

From Publishers Weekly The author of Super Natural Cooking and the blog 101 Cookbooks,

Swanson offers a glimpse into her favorite everyday recipes. A huge and often preachy proponent of the buy organic/local/seasonal movement, she focuses on whole, natural foods including whole grains, whole grain flours, and fresh produce—ingredients that are seasonal and minimally processed. Recipes run the gamut from breakfast through desserts and include healthier variations of familiar favorites including crepes made with rye flour and ginger cookies with dried apricots and shaved chocolate. Lunch offerings include unique and palatable dishes such as kale salad with toasted coconut and sesame oil, and chanterelle tacos. Dinner recipes such as chickpea stew made with saffron, black pepper tempeh and weeknight curry made with tofu are big on flavor. Swanson spends several pages detailing her pantry staples including oils and fats, grains, and flours to guide those unfamiliar with key ingredients. For those looking to incorporate more healthful ingredients into their diet, Swanson offers a welcome variety of appetizing recipes that are easy enough to prepare on busy weeknights and sure to appeal. (Apr.) --This text refers to an alternate edition.

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