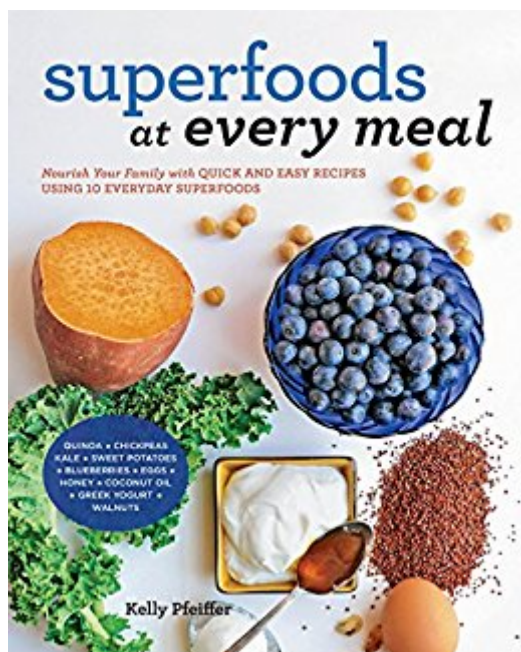


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# Superfoods At Every Meal: Nourish Your Family With Quick And Easy Recipes Using 10 Everyday Superfoods: \* Quinoa \* Chickpeas \* Kale \* Sweet Potatoes \* ... Honey \* Coconut Oil \* Greek Yogurt \* Walnuts



## Synopsis

Most people can list a few superfoods that they know they should be eating, but not everyone knows how to use and incorporate these foods into their daily diet. Superfoods at Every Meal makes it simple. Just ten nourishing ingredients you know and love - quinoa, chickpeas, kale, sweet potatoes, blueberries, eggs, honey, coconut oil, greek yogurt, and walnuts - featured in delicious, everyday meals. With each recipe featuring at least two (and oftentimes four or five) of these superfoods, you'll find it simple to treat your family - no matter how picky they may be! - to wholesome foods at breakfast, lunch, and dinner. Here are just a few of the delicious recipes you'll find inside: Sweet Potato Muffins with Walnut Streusel, Kale Egg Scramble, Quinoa Breakfast Tacos, Blueberry Bruschetta, Honey Mustard Chicken, Salad Salmon Chowder with Cashew Cream, Chickpea Pesto Bagelwich, BBQ Apple Cheddar Quesadilla, Black Bean Quinoa Burgers, Honey Sesame Fish Tacos with Lime Greek Yogurt Sauce, Double Chocolate Swirl Brownies, and Sweet Potato Pie on a Maple Quinoa Crust. Forget the goji berries and spirulina, and eat real food with real recipes you'll come back to time and time again with Superfoods at Every Meal.

## Book Information

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## Customer Reviews

Okay, full disclosure. I'm a huge fan of Kelly Pfeiffer and her blog Nosh and Nourish. I have been following her for a while now, and I have made a lot of her recipes. What I love about the food that she shares is that they are original creations, they are flavorful and delicious, and they have healthy components as well. In her first actual "print" cookbook (she does have an e-book cookbook which I also highly recommend), Kelly focuses on recipes that incorporate one or more of the following superfoods: 1) Quinoa 2) Chickpeas 3) Kale 4) Sweet Potatoes 5) Blueberries 6) Eggs 7) Honey 8) Coconut Oil 9) Greek Yogurt and 10) Walnuts. She takes time in the beginning of the book to briefly explain why those ten items are classified as superfoods and gets you excited about using them. One of the first things you'll notice when flipping through the pages in the book is the pictures. They are fantastic! Don't be surprised if your mouth begins to water just looking at the pages. I know mine did! The book is broken down into the following chapters: 1) Superfoods and the Nourished Family (an introduction where she introduces herself and her family, tells her story, and teaches you about the superfoods you'll be using in the book. 2) Breakfast & Brunch 3) Appetizers 4) Soups and Salads 5) Sandwiches & Quesadillas 6) Main Dishes 7) Desserts. So as you can see, she has thought of everything. Within days of owning the book, my wife and I dived in and started cooking. The first things we made was the Tuscan Kale Soup (which includes superfoods coconut oil, kale, and quinoa), Smashed Berry & Balsamic Kale Grilled Cheese (which includes superfoods coconut oil, kale, and blueberries), and our new favorite Orange Butterscotch Bark with Dried Blueberries and Walnuts (which includes superfoods walnuts, coconut oil and blueberries). The Tuscan Kale soup was fragrant and delicious. We doubled the batch and froze half of it, which I ate while my family was out of town. The Smashed Berry & Balsamic Kale Grilled Cheese was divine! When our guest that we made it for took one bite, her eyes got real big and her chewing slowed as if to savor the flavor (and there is a lot of it!) She had barely swallowed her food before she was exclaiming how she had never had such a delicious and gourmet grilled cheese before. The Orange Butterscotch Bark with Dried Blueberries was so very delicious, that we actually gave them out over the holidays to friends, neighbors, and coworkers in place of cookies. They were a HUGE hit! I also recommend the Greek Yogurt Blueberry Banana Bread, Perfect Scrambled Eggs, Garlic-Roasted Kale Chips, The Best Sloppy Joes, and Quinoa Meatballs over Penne. I also highly recommend Sweet Potato Pie with Maple Quinoa Crust (which has replaced pumpkin pie in our house) and the super delicious Lemon Cupcakes with Blueberry Buttercream Frosting. My mouth just water a little bit! And the great thing is, that is only some of the excellent recipes in her 176 page book! What I've always loved about Kelly, it that her story is familiar to so many of us. The signs were there that she

needed to make a change in her personal lifestyle for her health, and her family's health. She recognized that as the primary person who brought the food from the grocery store into the house, she had a responsibility to make sure that those food choices were healthy ones. Sound familiar? Kelly Pfeiffer has done all the heavy lifting in her book *Superfoods at Every Meal*, crafting a book of easy to make food that will help you incorporate nourishing healthy superfoods into your meals. In a few short weeks, my wife and I have already cooked more out of this cookbook than any other cookbook we own. If you are looking to make a healthy change in the food you and your family eats, you NEED this cookbook!

I have followed Kelly's blog for years now and was so excited that she was producing her own cookbook. It was refreshing to read as the recipes are not only delicious, but also focuses on simple easy ingredients that benefit the body with nutrient dense foods. Once I received my cook book I ordered the coconut oil and began to experiment with her recipes. You simply cannot get this book and resist planning recipes weeks in advance so you can try all of these yummy creations! So often I see cookbooks that attempt to deliver recipes to assist in guiding people to healthy ways of life. They fall short where Kelly succeeds in every way! Kelly organizes food by health benefits not by cutting things out or using all those "reduced fat/ sugar" ( which everyone should just read as chemical S#@^ storm). That positive spin alone allows individuals seeking healthier lifestyles to view the adaptations you make as a positive rather than restrictive lifestyle. I enjoy thinking of the good things I can do to support my body from what I have learned in this cook book. I will undoubtedly begin my own experiments with the superfoods Kelly has shown me how to use. I and my family and my house guests owe her our sincere gratitude for that change in our life. This cookbook takes regular recipes and breathes new life into them. Swapping out simple ingredients for healthier versions can sometimes be an overwhelming task. Kelly simplifies the process and makes the recipes exciting and new! Her smashed berry & balsamic kale grilled cheese is to die for. ... hands down AHHHH-MAZING ! And if you are having a party try the 7 layer greek dip (with a nutritious base of quinoa!) or the equally delectable and nutritious kale & artichoke dip. I promise you your guests will have no idea they are eating healthy!! This weekend I endeavor to make dark chocolate and peanut butter cupcakes (with chickpeas as a hidden super food!! who would have thought to add those?!?!?) and I guarantee my two toddlers will devour each cupcake without hesitation. I am so happy to have this cook book as a resource in my cooking. I think you will to ;)

What a fabulous cookbook. This is a beautiful book with a picture for nearly every recipe. Most important is TRY it. You are going to say things like, "Chickpeas in that, REALLY?" Try it. These recipes are all the product of a hard working young women who experimented on her family. She's not a culinary school graduate. She's just a young lady who, lucky for us, believed in herself. I too follow her and can tell you there were times when we heard, No recipe coming for that. It was a complete fail. Then there were the times when we heard Baby cakes chowed it all and asked if there was more...or... Even Dear Hubby liked it. These recipes are a total labor of love. She changed her life and now she wants to show you how to make little tweaks to LOVE healthy. Just try it. Tomorrow I'm making Hummus Meatloaf. Hey, TRY IT. I almost forgot...I love those flaps on the sides of the cover. You can easily keep this book open to the recipe you want.

I've been following Kelly since she created her blog & online presence. This book is fabulous & realistic. It has something for everyone--GF, DF, Vegetarian, Vegan, you name it. Those recipes presented can also easily be modified to fit your dietary needs. For example, I'm a vegetarian who has celiac disease, & tries to avoid sugar. I am able to use pretty much all of the recipes or modify them to fit my needs. I rarely "read" cookbooks, but this one is really great!

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