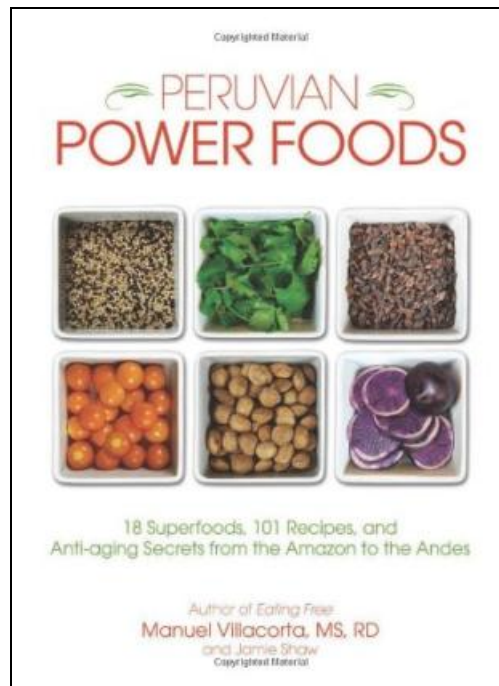


Peruvian Power Foods: 18 Superfoods, 101 Recipes, and Anti-aging Secrets from the Amazon to the Andes



Filesize: 6.58 MB

Reviews

This written book is excellent. It really is rally fascinating throug studying period. You are going to like the way the writer write this publication.

(Hadley Ullrich)

PERUVIAN POWER FOODS: 18 SUPERFOODS, 101 RECIPES, AND ANTI-AGING SECRETS FROM THE AMAZON TO THE ANDES

[DOWNLOAD](#)

HCI. Paperback. Condition: New. 304 pages. While superfoods have entered the health conversation in recent years, many people are unaware that some of the most powerful foods on the planet hail from Peru. Not only are these superfoods teeming with healing effects, they are also packed with flavor, transforming ordinary, everyday healthy meals into the extraordinary. Peruvian Power Foods introduces the top superfoods from the Andes to the Amazon and their myriad health benefits. Choosing from more than 100 recipes, you'll learn traditional and innovative dishes inspired by one of the most exciting cuisines today, celebrated by chefs around the globe. From super-quick smoothies and energy-packed breakfasts to sublime entrees, cocktails and more, you can satisfy your palate while eating for longevity and vitality. Indulge yourself with: Breakfast granola made with lucuma, a tangy tropical fruit that helps balance high blood pressure. Savory white bean hummus with sachu inchi, a powerful omega-3 for heart health and brain power. Gluten-free morning muffins made with pichuberry, a cancer-fighting power fruit, glucose controller, and excellent source of Vitamin D. Energy-boosting exercise shake made with maca, an anti-inflammatory and antioxidant known as Nature's Viagra because it helps potency in men. Decadent dessert truffles made with antioxidant cacao and camu camu, which packs a power dose of Vitamin C to boost immunity. From Peru to your plate, this power food makeover will allow you to enjoy optimal health and optimal flavor one meal at a time. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



[Read Peruvian Power Foods: 18 Superfoods, 101 Recipes, and Anti-aging Secrets from the Amazon to the Andes Online](#)



[Download PDF Peruvian Power Foods: 18 Superfoods, 101 Recipes, and Anti-aging Secrets from the Amazon to the Andes](#)

Relevant Kindle Books



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually...

[Save PDF »](#)



Gluten-Free Girl and the Chef: A Love Story with 100 Tempting Recipes

Book Condition: New. BRAND NEW BOOK! A+ CUSTOMER SERVICE! 100% MONEY BACK GUARANTEE! FAST, SAME BUSINESS DAY SHIPPING!.

[Save PDF »](#)



Diabetes Diet Plan: The Secret Tips to Diabetes and Heart Healthy Meals

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Diabetic Diet Plan: Secret Tips to...

[Save PDF »](#)



Kidz Bop - A Rockin' Fill-In Story: Play Along with the Kidz Bop Stars - and Have a Totally Jammin' Time!

Adams Media. PAPERBACK. Book Condition: New. 144050573X.

[Save PDF »](#)



Oxford Reading Tree Read with Biff, Chip and Kipper: Phonics: Level 2: A Yak at the Picnic (Hardback)

Oxford University Press, United Kingdom, 2014. Hardback. Book Condition: New. Mr. Nick Schon (illustrator). 177 x 148 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK's best-selling...

[Save PDF »](#)