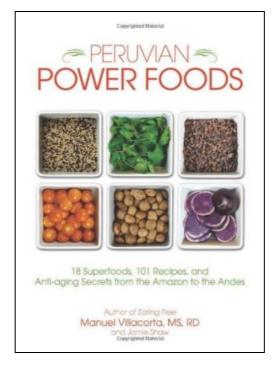
# Peruvian Power Foods: 18 Superfoods, 101 Recipes, and Anti-aging Secrets from the Amazon to the Andes



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### Reviews

This is basically the best publication i have got read through right up until now. Sure, it really is perform, still an amazing and interesting literature. Your life span will probably be convert once you full reading this article ebook.

(Dr. Irma Welch)

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



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, youll 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 sacha 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 Natures 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.

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