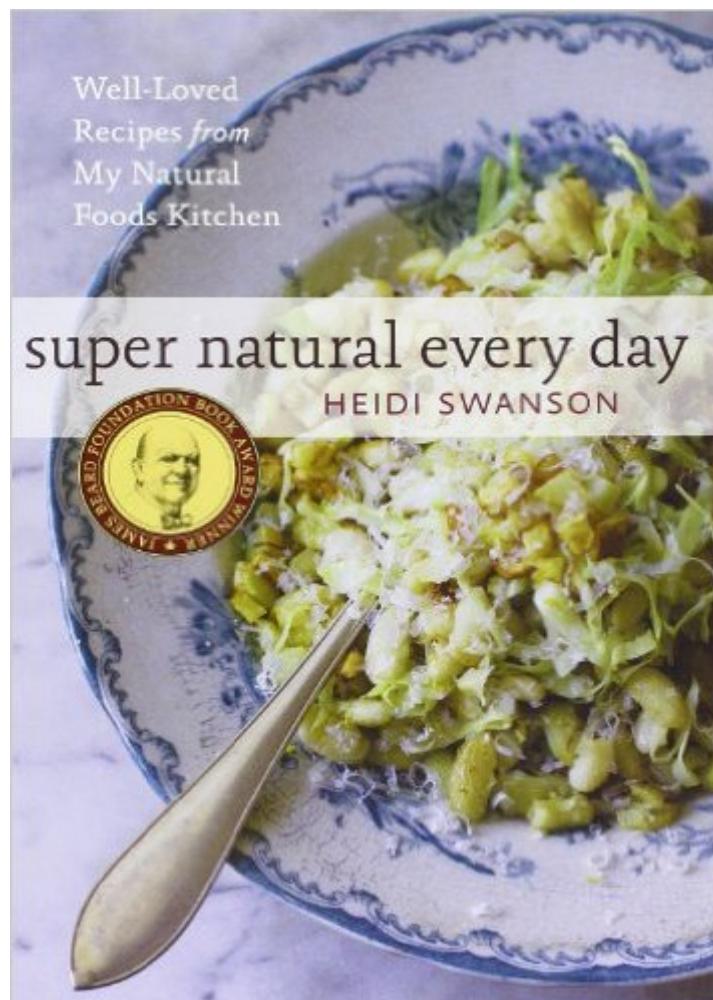


The book was found

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



Synopsis

Heidi Swanson's approach to cooking whole, natural foods has earned her a global readership. From her Northern California kitchen, she introduced us to a less-processed world of cooking and eating through her award-winning blog, 101 Cookbooks, and in her James Beard Awardâ "nominated cookbook, Super Natural Cooking, she taught us how to expand our pantries and integrate nutrient-rich superfoods into our diets.Â In Super Natural Every Day, Heidi helps us make nutritionally packed meals part of our daily repertoire by sharing a sumptuous collection of nearly 100 of her go-to recipes. These are the dishes that Heidi returns to again and again because theyâ "re approachable, good for the body, and just plain delicious. This stylish cookbook is equal parts inspiration and instruction, showing us how to create a welcoming table filled with nourishing food for friends and family. Â The seductively flavorful vegetarian recipes for breakfast, lunch, dinner, snacks, treats, and drinks are quick to the table but tasty enough to linger over. Grab a Millet Muffin or some flaky Yogurt Biscuits for breakfast on the go, or settle into a lazy Sunday morning with a stack of Multi-grain Pancakes and a steaming cup of Ginger Tea. A bowl of Summer Squash Soup or a couple of Chanterelle Tacos make for a light and healthy lunch, and for dinner, thereâ "s Black Sesame Otsu, Pomegranate-Glazed Eggplant with Tempeh, or the aptly named Weeknight Curry. Heidiâ "s Rose Geranium Prosecco is the perfect start to a celebratory meal, and the Buttermilk Cake with fresh plums or Sweet Panzanella will satisfy even the most stubborn sweet tooth.Â Gorgeously illustrated with over 100 photos that showcase the engaging rhythms of Heidiâ "s culinary life and travels, Super Natural Every Day reveals the beauty of uncomplicated food prepared well and reflects a realistic yet gourmet approach to a healthy and sophisticated natural foods lifestyle.

Book Information

Paperback: 256 pages

Publisher: Ten Speed Press; 4.1.2011 edition (April 5, 2011)

Language: English

ISBN-10: 9781580082778

ISBN-13: 978-1580082778

ASIN: 1580082777

Product Dimensions: 7 x 0.9 x 10 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (198 customer reviews)

Best Sellers Rank: #30,576 in Books (See Top 100 in Books) #66 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #78 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

Customer Reviews

I bought this book because I follow the food blogs and everyone was raving about it. That love continues here on , where she's got nothing but 5 star reviews. I like the book, but ...I don't know who she is trying to reach here. You would expect that most people who follow food blogs and know of her would know some basics about cooking, yet she has some pages devoted to things that quite frankly I find condescending. Recipes for fruit salad, pita chips and egg salad seem a waste of space, not to mention pages devoted to making rice, whipped cream, tea (tea! as in boil water - add tea - steep) and compound butter. The two pages devoted to how to poach an egg are kind of insulting. To me. Not to everyone. That's my problem with the book. I cook a lot. I follow the food blogs too get inspiration and to get some recipes without having to buy the newest cookbooks. I know basic techniques. I figure other people who follow her blog (the people I imagine she hopes will buy this book) would, too. Or at least they have demonstrated their ability to look things up on the internet - google how to poach an egg if you must. These basic techniques seem more silly when you consider her fancy-pants ingredients lists. "I shop alongside some of the best chefs in the city ..." If you can't poach an egg or cook rice, are you really using harissa and membrillo? I bought this book thinking it would be a nice inspiration for summer veggies. But this is a pantry-heavy cookbook. Yes, its vegetarian, but it is what my husband calls "roly-poly vegetarian." Lots of beans and pasta and potatoes. There are at least ten recipes that basically dress up a pound of store-bought pasta or a 15oz can of beans.

[Download to continue reading...](#)

Super Natural Every Day: Well-Loved Recipes from My Natural Foods Kitchen Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Super Grains & Seeds: Wholesome ways to enjoy super foods every day 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Day Trading Strategies: A Beginners Guide To Day Trading (Day Trading, Trading, Day Trading Strategies, Day Trading Books, Day Trading For Beginners, Day Trading Stocks, Options Book 1) Day Trading: A Beginner's Guide To Day Trading - Learn The Day Trading Basics To Building Riches (Day Trading, Day Trading For Beginner's, Day

Trading Strategies Book 1) Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss Williams-Sonoma Foods of the World: Florence: Authentic Recipes Celebrating the Foods of the World Super Ninja Blender: Top 25 Smoothies & Super Juices Recipes To Satisfy Every Craving From Breakfast To A Dessert Flip Your Classroom: Reach Every Student in Every Class Every Day Super Simple Jewelry: Fun and Easy-To-Make Crafts for Kids (Super Sandcastle: Super Simple Crafts) Kindergarten Super Math Success (Sylvan Super Workbooks) (Math Super Workbooks) Fourth Grade Super Math Success (Sylvan Super Workbooks) (Math Super Workbooks) First Grade Super Math Success (Sylvan Super Workbooks) (Math Super Workbooks) First Grade Super Math Success (Sylvan Super Workbooks) (Sylvan Math Super Workbooks) Kindergarten Super Math Success (Sylvan Super Workbooks) (Sylvan Math Super Workbooks) Third Grade Super Math Success (Sylvan Super Workbooks) (Sylvan Math Super Workbooks) Fifth Grade Super Math Success (Sylvan Super Workbooks) (Sylvan Math Super Workbooks) The Nourished Kitchen: Farm-to-Table Recipes for the Traditional Foods Lifestyle Featuring Bone Broths, Fermented Vegetables, Grass-Fed Meats, Wholesome Fats, Raw Dairy, and Kombuchas The Sprouted Kitchen Bowl and Spoon: Simple and Inspired Whole Foods Recipes to Savor and Share

[Dmca](#)