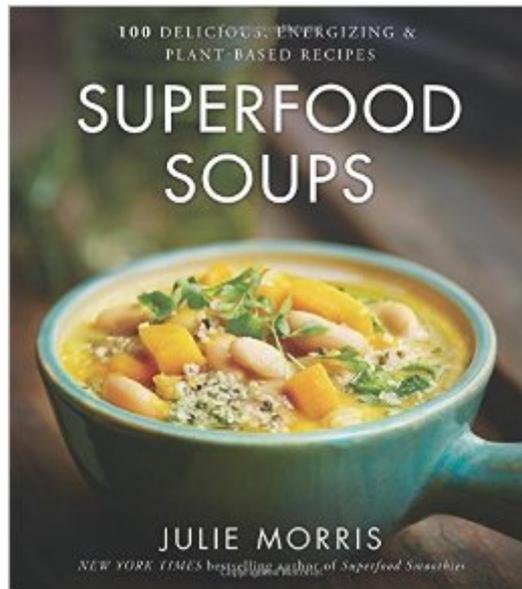


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Superfood Soups: 100 Delicious, Energizing & Plant-based Recipes



Synopsis

Soups are on! These mouthwatering recipes from New York Times bestselling author and superfood expert Julie Morris simply brim with goodness. Acclaimed superfood chef Julie Morris has chosen 100 favorites packed with nutrient-dense and plant-based whole foods such as vegetables and fruits, legumes and grains, nuts and seeds. Plus, she boosts each dish with such scientifically lauded superfoods as chia, medicinal mushrooms, turmeric, and kale. From a comforting Smoky Pumpkin Soup with Candied Seed Clusters, to an irresistibly inventive Watermelon Goji Gazpacho, to the tasty Cacao Black Bean Soup, every health-giving bowl delivers deeply nourishing deliciousness that satisfies on every level. Along with beautiful color photographs, the book is full of helpful soup-making advice and information about the health rewards of superfood soups, including soup cleanses and rejuvenating broths.

Book Information

Hardcover: 240 pages

Publisher: Sterling (September 6, 2016)

Language: English

ISBN-10: 1454919477

ISBN-13: 978-1454919476

Product Dimensions: 7.6 x 0.8 x 8.6 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (6 customer reviews)

Best Sellers Rank: #1,001 in Books (See Top 100 in Books) #1 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Soups & Stews #3 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

Customer Reviews

Love the book - started to devour it the second it arrived! The idea of superfood soups is amazing - I just got a pressure cooker so I will be putting together several of her soups to freeze for later for sure! Love the Broth section - her superfood broths look wonderful! I mean we all drink hot tea and coffee during the whole year so why not superfood broths right!?? Her approach will be another awesome layer of nutrition to my regiment of juicing, smoothies! The only drawback is the editing leaves something to be desired. Like on page 58 the same paragraph is repeated 3 times! You may want to have a word with your editor!

I'm a complete novice at making soup - or cooking in general. This was super easy to follow with delicious recipes even *I* can pull off. Before it gets to the recipe part, it even gives you a little diagram of how to "build" a good soup. That was enormously helpful. I would suggest this to anyone!

I confess. I'm a soup snob. Travelling a lot, I cringe at the number of menus touting their "homemade soup". I often wonder which employee was asked or coerced into making a batch of soup at home and bringing it in to the restaurant. And everyone's home must have the same tasting artificial flavours! Enter Julie's Superfood Soups, which I pre-ordered and the crew at (once again) beat their delivery estimate. Even if these soups weren't amazingly tasteful, the list of ingredients tells you that your body will benefit from the masterful selection of healthy ingredients. But they ARE amazingly tasteful and each one is very different because there are no standard flavourings. They are incredibly satisfying, too, and as one batch will cover two meals (for 2), I look forward to the replay with fresh enthusiasm, maybe even greater because of the recent experience. Superfood Soups, as with Julie's other excellent books, is much more than a book of recipes. It's an amalgam of Superfood Soup 101 right through your PhD. As we approach the autumn and winter, this book will be tattered and stained very quickly. But 100 recipes should get me to spring. Thanks, Julie.

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