



Healing Berries : 50 Wonderful Berries, and How to Use Them in Healthgiving Foods and Drinks

By Hartvig Kirsten

Paperback. Book Condition: New. Not Signed; Description: Berries are among the healthiest foods on the planet - and more and more people today are tuning in to their miraculous health-giving properties. At last, here is a brilliant healthy cookbook for nature's most nutritious and fashionable superfoods, for vegans, vegetarians and meat-eaters alike* With more than 100 great recipes for Breakfasts, Snacks, Starters, Main Courses, Side Dishes, Desserts, Preserves, Confectionery, Non-Alcoholic Drinks, and Wines and Liqueurs - all with nutritional profiles* A celebration of the health-giving properties of berries, as well as a treasure-trove of fabulous ways to use them in your cooking* Based on the latest scientific research describing the health-giving properties of well-known or recently discovered berries - for example, protecting against cancer and age-related memory loss* Includes 10 detailed and fascinating profiles of the healthiest, most popular species - including Chinese gooseberry, cranberry and blueberry - as well as a clear and readable directory section covering a further 40 berries * With 50 photographs in a colour plate section - plus 20 linedrawings. book.



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