



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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Reviews

The publication is easy in read better to understand. It is writter in basic words and phrases rather than hard to understand. You wont truly feel monotony at anytime of your respective time (that's what catalogues are for about if you question me).

-- **Kaya Rippin**

It is an amazing publication which i actually have at any time go through. It really is writter in easy words and phrases rather than hard to understand. Its been developed in an extremly easy way which is merely following i finished reading through this pdf in which actually changed me, affect the way i think.

-- **Garry Lind**