



Super Natural Cooking: Five Delicious Ways to Incorporate Whole and Natural Ingredients (Paperback)

By Heidi Swanson

CELESTIAL ARTS, United States, 2007. Paperback. Book Condition: New. 251 x 180 mm. Language: English . Brand New Book. Everyone knows that whole foods are much healthier than refined ingredients, but few know how to cook with them in uncomplicated, delicious ways. Using a palette of natural ingredients now widely available in supermarkets, Super Natural Cooking offers globally inspired, nutritionally packed cuisine that is both gratifying and flavorful. With her weeknight-friendly dishes, real-foodie Heidi Swanson teaches home cooks how to become confident in a whole-foods kitchen by experimenting with alternative flours, fats, grains, sweeteners, and more. Including innovative twists on familiar dishes from polenta to chocolate chip cookies, Super Natural Cooking is the new wholesome way to eat, using real-world ingredients to get out-of-this-world results. An inspiringly stylish introduction to nutritional superfoods, with an emphasis on whole grains, natural sweeteners, healthy oils, and colorful phytonutrient-packed ingredients. Features 80 recipes, a comprehensive pantry chapter, and 100 stunning full-color photos. Shows how to build a whole-foods pantry with nutrition-rich ingredients like almond oil, pomegranate molasses, and mesquite flour--each explained in detail. Winner of the 2005 Webby Award for best personal website, Heidi Swanson's recipe blog (attracts close to 500,000 page views a month,...

Reviews

It is simple in read easier to understand. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is just following i finished reading through this publication where basically transformed me, alter the way i really believe.

-- **Ms. Christy Ondricka DDS**

Completely essential read publication. It is really basic but excitement in the fifty percent of the book. You will not really feel monotony at anytime of your respective time (that's what catalogues are for about in the event you ask me).

-- **Lexie Paucek PhD**