



Superfoods: The Flexible Approach to Eating More Superfoods

Julie Montagu

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Commuting, working, exercising, parenting, socializing—our lives are busy and there isn't the time to sustain a super-healthy lifestyle. We rarely wake up feeling energized or refreshed, so we pop some vitamins, slug a coffee and get going. Julie Montagu is The Flexi Foodie and her book of 90 delicious recipes and friendly facts will show you how to introduce plant-based superfoods into your day. Through meat-free, dairy-free and sugar-free recipes, you can raise your energy levels, lose weight, lower your cholesterol, keep blood sugar levels under control, look and feel more youthful than you have in years and—most of all—enjoy what you cook.

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