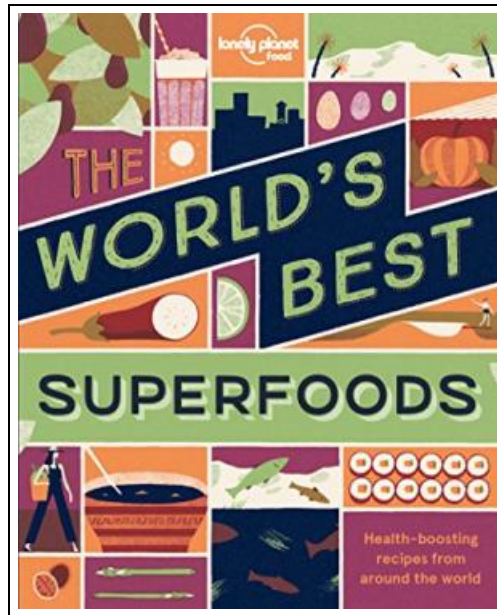


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Lonely Planet Global Limited, Ireland, 2017. Paperback. Condition: New. 1st edition. Language: English . Brand New Book. Dive into the world of superfoods with Lonely Planet Food, the world s leading travel publisher s new food imprint. Unlock the long-held secrets of health-boosting diets from every culture of the globe. Discover which super ingredients will boost your energy, stave off illness, reduce your chance of diseases, make your hair shine, your skin glow and turbocharge your brain power. Better still, learn how to harness the benefits for yourself with a myriad of tasty recipes from around the world, all containing naturally nutrient-rich ingredients that will improve your energy, digestion, heat, immune system, and longevity. Travel can transform your cooking, exposing you to new flavours and powerfully health-boosting ingredients that you may not even have heard of before. But, when there is so much world to explore in terms of food, The World s Best Superfoods is there with a hand-selected collection of the world s most exciting culinary experiences and healthiest secrets served directly to your kitchen. With recipes ranging from Mexico s chia fresca (a refreshing beverage) and Japan s wakame seaweed salad, to Bolivia s quinoa stew and England s revolutionary pungent-smelling but silky-textured plankton risotto, the cornucopia of superfood ingredients represented here is sure to get your body revved up to its most maximised self. Eating well has never been so delicious! Each of the 66 recipes includes easy-to-use instructions and mouth-watering photography plus an origins section detailing how the dish has evolved. There are also tasting notes that explain how best to sample each dish - whether that s at dawn by a Vietnamese street stall, or in the zen calm of a Japanese tea ceremony - to truly give you a flavour of the place...

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