



# **Super Greens: Revitalize and Improve Your Well Being with 58 Super Greens and Over 70 Recipes to Choose From**

*Lucy Cornell*

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# Super Greens: Revitalize and Improve Your Well Being with 58 Super Greens and Over 70 Recipes to Choose From

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## Super Greens: Revitalize and Improve Your Well Being with 58 Super Greens and Over 70 Recipes to Choose From Lucy Cornell

Revolutionize your health with the power of leafy green vegetables, for they are packed with nutrients and are an extremely important part of your diet. Eating plenty of greens is probably one of the most important health choices you can make. However, as we all are aware of, so many of us do not eat enough vegetables and many types of vegetables packed with nutritional value have fallen out of popular favor. Inside *Super Greens*, you'll find over 50 recipes loaded with the nutritious vegetables you need to sustain a healthy life—and in a delicious way! There are so many different kinds of greens to choose from, all delicious, so let this book be your guide as you change your habits and expand your culinary horizons.

Cooking with *Super Greens* is easy once you get started, and you don't have to be a pro in the kitchen to whip up amazing dishes. What's more there are so many recipes you can incorporate greens into, some of which may be seasoned classics, or you can make up your own having fun at the same time experimenting with smoothies, soups, and more. From spinach to parsley, bok choy to iceberg lettuce, and cabbage to broccoli, you'll find all a wide variety of ideas and reasons for incorporating more greens into your diet. In *Super Greens*, there are over 70 different species and varieties with interesting and inspiring recipes.

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