



Natural : Wholesome Recipes for Pure Nourishment

Edited by Love Food



Do you love food and appreciate it even more when its fresh and natural? With this beautiful collection, you can enjoy nutrient-rich recipes that look good and taste even better. Each exciting recipe has detailed nutritional values and uses wholesome ingredients and fresh flavors to create pure and nourishing meals. With these nutritious recipes, you can eat well for every meal and enjoy the benefits of a healthy lifestyle. There are breakfast recipes like Poached Eggs & Kale with Whole-Wheat Sourdough and Banana, Goji & Hazelnut Bread to ease you into the day, as well as supercharged snacks like Fig & Oat Bites and Smoky Paprika Roasted Chickpeas to keep hunger pangs at bay. Bring variety to mealtimes with the exciting lunch and dinner recipes, including Turkey Wraps with Avocado Salsa, Black Bean & Quinoa Burritos, and Monkfish in Pesto & Prosciutto with Ricotta Spinach, and delectable salads and unique dressings, such as Three Bean & Chia Salad and Caper & Oregano Vinaigrette. There are also good-for-you options for desserts, like Gluten- & Dairy-Free Orange & Almond Cake, Tofu Lemon Cheesecake, and Chai Tea Cookies, as well as some nourishing drinks, including a Melon & Coconut Mock Mojito, a Vegetable Stomach Soothing Juice, and a Raw Cocoa Milk Shake. Each recipe includes nutritional information per serving, including the calorie, fat, saturated fat, carbohydrate, sugar, fiber, protein, and sodium content. Be good to yourself with this collection of simple and delicious recipes!

- [Natural Liberty : Rediscovering Self-Induced Abortion Methods](#)
- [The Natural Paint Decorator : Recipes, Finishes, Techniques](#)
- [Native Herb and Other Stories from Thailand](#)
- [National Lampoon` Vacation](#)
- [The National Gallery, London](#)
- [The National Lottery \(Licence Fees\) Order 1994 : National Lottery](#)
- [A Naturalist` Rambles about Home](#)
- [National Economic Security : Perceptions, Threats and Policies](#)
- [National Parks : Sustainable Development, Conservation Strategies and Environmental Impacts](#)