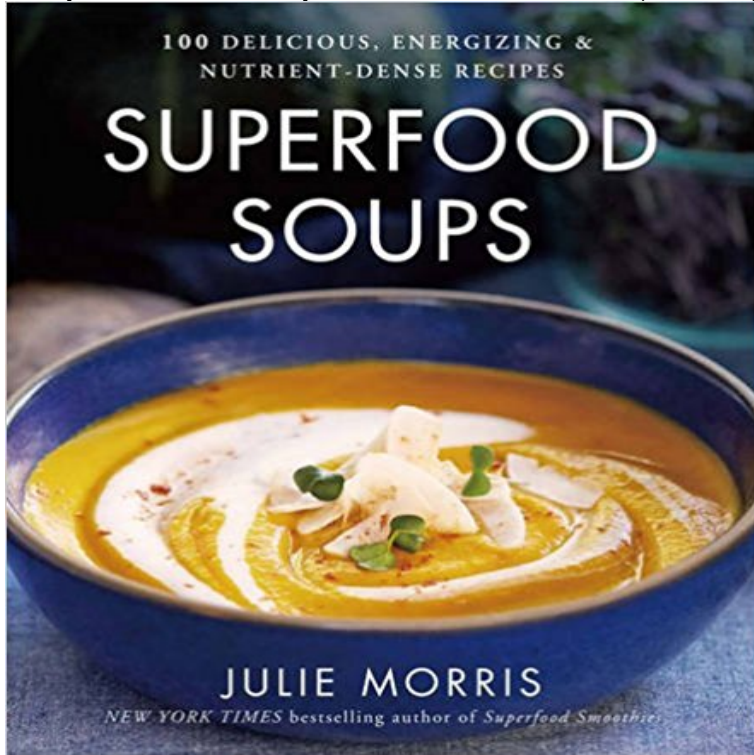


Superfood Soups: 100 Delicious, Energizing & Plant-based Recipes



Soups on! These mouthwatering recipes from New York Times bestselling author and superfood expert Julie Morris simply brim with goodness. Acclaimed superfood chef Julie Morris has chosen 100 favorites packed with nutrient-dense and plant-based whole foods such as vegetables and fruits, legumes and grains, nuts and seeds. Plus, she boosts each dish with such scientifically lauded superfoods as chia, medicinal mushrooms, turmeric, and kale. From a comforting Smoky Pumpkin Soup with Candied Seed Clusters, to an irresistibly inventive Watermelon Goji Gazpacho, to the tasty Cacao Black Bean Soup, every health-giving bowl delivers deeply nourishing deliciousness that satisfies on every level. Along with beautiful color photographs, the book is full of helpful soup-making advice and information about the health rewards of superfood soups, including soup cleanses and rejuvenating broths.

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