



Super Fresh: Super Natural, Super Vibrant Vegan Recipes

Jennifer Houston, Ruth Tal

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As partners in the award-winning Fresh Restaurants, founder Ruth Tal and chef Jennifer Houston have been using whole, natural ingredients to create craveable and vibrant vegan meals, juices, and smoothies for almost two decades. In *Super Fresh*, Ruth and Jennifer share over 200 delicious and energizing plant-based recipes that are bursting with natural flavours and pure goodness. We all need food to fuel our bodies, so why not cook with natural ingredients with a high nutritional value?

Inside you'll find brand new creations as well as the often-requested and long-awaited recipes for hugely popular Fresh favourites like the All Star and Ace of Kales salads, BBQ Burger, Picnic Burger, Squash Tacos, and Tiger Bowl. *Super Fresh* soups include familiar flavours like the Vegan Chicken Noodle, plus exotic and interesting new flavour combinations like the Roasted Cauliflower with Sumac and the African Black Bean with Berbere and Hominy.

Kick your nutrient intake into hyperdrive with Fresh's amazing collection of juices, smoothies, and hand-crafted nut milks. With combinations like the Lucky Charm, Pink Power, Green Candy, Premium Detox, and Every Day Almond Milk, healthy has never tasted so good!

Simple and quick to prepare, these recipes will breathe new life into your home cooking. It's easy to eat super fresh every day!

From the Trade Paperback edition.

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Have you spare time for a day? What do you do when you have more or little spare time? Yep, you can choose the suitable activity for spend your time. Any person spent all their spare time to take a move, shopping, or went to the particular Mall. How about open or even read a book called Super Fresh: Super Natural, Super Vibrant Vegan Recipes? Maybe it is to get best activity for you. You understand beside you can spend your time along with your favorite's book, you can wiser than before. Do you agree with their opinion or you have other opinion?

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Julie Gooch:

A lot of people always spent all their free time to vacation or go to the outside with them family members or their friend. Do you know? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you would like try to find a new activity here is look different you can read some sort of book. It is really fun for you. If you enjoy the book you read you can spent 24 hours a day to reading a reserve. The book Super Fresh: Super Natural, Super Vibrant Vegan Recipes it is quite good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. When you did not have enough space to bring this book you can buy the particular e-book. You can m0ore quickly to read this book from your smart phone. The price is not too expensive but this book provides high quality.

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