

Power Spicing: 60 Simple Recipes for Antioxidant-Fueled Meals and a Healthy Body: A Cookbook By Rachel Beller **PDF Power spicing things** Power Spicing: 60 Simple Recipes for Antioxidant-Fueled Meals and a Healthy Body: A Cookbook What an absolute powerhouse of information! I love the presentation the ease of format and the delicious recipes. **Book Power spicing** So instead of using supplements and pills and powders that purport to boost anti-oxidants and anti-inflammatories and probiotics etc why not just go straight to the source! (Many of these supplements just crush these spices anyway and put them into their capsules). **Book Power spicing** Power Spicing: 60 Simple Recipes for Antioxidant-Fueled Meals and a Healthy Body: A Cookbook This beautifully designed cookbook walks you through the health benefits of various spices and how to use them in your cooking. **Book Power spicing** While she begins with a detailed A-Z guide to individual spices and their benefits the real power part of power spicing comes from Beller's discussion of how spices work more effectively in combination with each other. **Power Spicing bookkeeping** I bought this one after watching a presentation by the author through Living Beyond Breast Cancer but her suggestions for using spices to improve the healthiness power of your food goes beyond cancer prevention and treatment to include anti-inflammatory metabolism-increasing and brain-boosting benefits. **Book Power spicing things** If you are lazy like me you may also enjoy the organic spice blends the author sells on her website -- I bought two of them one sweet and one savory and I'm now power spicing all the time! Power Spicing: 60 Simple Recipes for Antioxidant-Fueled Meals and a Healthy Body: A Cookbook Dive into the wide world of spices and herbs with more than 60 simple elegant recipes that will spice up your kitchen game and improve your long-term health. **PDF Power spicing things** Power Spicing is your primer to demystifying the healing powers of spices and their ability to fight cancer reduce inflammation protect your organs burn fat and boost your metabolism all while enjoying flavor-packed dishes throughout the day. **EBook Power spicing things** From turmeric that gives your morning latte an antioxidant boost to cayenne that infuses that bar-snack popcorn with an anti-inflammatory kick this book is filled with recipes that add disease-fighting power to your daily routine. **EBook Power spicing things** Registered dietitian nutritionist Rachel Beller teaches you how to build a spice pantry while sharing the health benefits of each and explaining how to help them work synergistically—for example anti-oxidant cancer-fighting garlic is even more effective when combined with rosemary. **EBook Power spicing things** Whether you're in search of quick tricks such as stirring paprika and sumac into homemade hummus or looking to boost your weeknight repertoire with a Glowing Green Frittata or Anti-Inflammatory Chickpea Curry Power Spicing boasts countless ways to mix and match spices in order to get the most out of every dish you create. After buying the book I discovered how my spice drawer was in sad shape: **PDF Power spicing things** I've rehabbed and am feeling better now that I'm spicing it up: **Book Power spicing** Power Spicing: 60 Simple Recipes for Antioxidant-Fueled Meals and a Healthy Body: A Cookbook Part of me re-learning to eat real foods Whole Foods etc: **PDF Power spicing things** So of course spices and herbs should also fall into this way of thinking. **Book Power spicing things** The heart of the book is her instructions for health-boosting spice blends followed by approachable and delicious spiced-up recipes with a focus on plant-based cooking, **Book Power spicing** Power Spicing: 60 Simple Recipes for Antioxidant-Fueled Meals and a Healthy Body: A Cookbook.

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Love those spices. A must-have for your recipe book library