



Berries: The Complete Guide to Cooking with Power-Packed Berries (Superfoods for Life)

Stephanie Pedersen

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Berries are outrageously delicious, convenient, and a potent health food that can help alleviate conditions as wide-ranging as heart disease, arthritis, diabetes, and cancer. Now, berries of all kinds, in a host of forms (dried, freeze-dried, frozen, and fresh), have found a place among mainstream foodies and home cooks who want an easy, tasty way to add fiber, vitamins, antioxidants, and healing phytonutrients to their diets. Here, you'll find a complete guide to these powerfruits, with information on buying and storage, an overview of their nutritional benefits, 75 tempting recipes for "berry" delicious smoothies, appetizers, snacks, and meals, as well as beauty goods, and sidebars with interesting facts and trivia.

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