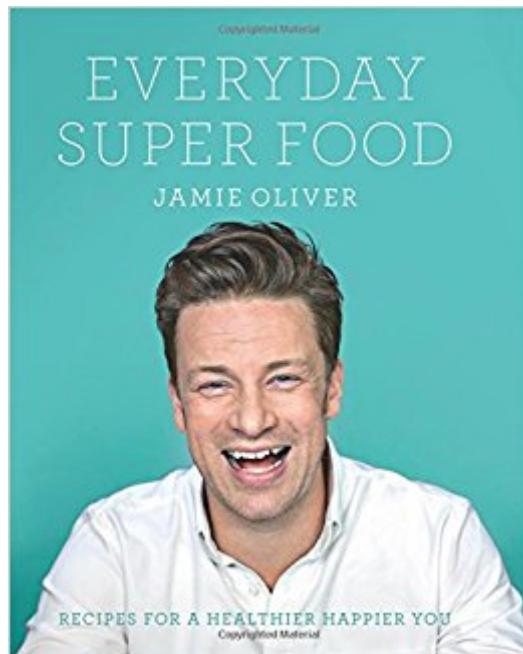


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# Everyday Super Food



## **Synopsis**

This is the most personal book I've ever written, and in order to write it I've been on a complete journey through the world of health and nutrition. Now, using the thing I know bestâ "incredible foodâ "my wish is that this book will inspire and empower you to live the healthiest, happiest, most productive life you can. Food is there to be enjoyed, shared, and celebrated, and healthy, nourishing food should be colorful, delicious, and fun. This book is full of well-rounded, balanced recipes that will fill you up and tickle your taste buds, and because I've done all the hard work on the nutrition front, you can be sure that every choice is a good choice. If you pick up just a handful of ideas from this book, it will change the way you think about food, arming you with the knowledge to get it right on the food front, most of the time. Love, Jamie xxx

## **Book Information**

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## **Customer Reviews**

I am a big fan of Jamie Oliver and I was so pleased to hear the premise of this new book was around super foods and balanced eating; not low calorie foods but making nutritionally balanced meals that will still bring you in under your recommended calories for the day. Perfect. I have posted a full recipe list at the end of this review for those wondering what kind of recipes are in the book. I have to start this review with a summary in that I really do love this book, itâ™s a wonderful addition to my (growing) collection of Jamieâ™s books, plus I know that I should be eating a bit better and this book really has sincerely given me a fresh burst of inspirationâ | I made one of the best pasta dishes Iâ™ve had in a long time from this book (Skinny Carbonara)... without

cream. Before actually trying it I wasn't sure if I would be ok with replacing the cream in my carbonara with natural yoghurt (and a few other changes), but honestly it was an absolute dream, the skinny carbonara tasted fresh and light and was still filling (thanks to the whole wheat pasta). You can tell these recipes are really well researched and thought through but it tasted so good too! Unlike Jamie's other books I think this one may have a very slightly narrower appeal; all the recipes look very tasty indeed but there are some, my parents for example, who are very traditional shall we say, and wouldn't dream of blitzing up dates and mixing them with spices to make 'energy balls', or taking cream out of pasta dishes for that matter! But they do love all of Jamie's other books. Personally I love this book as it's about making tasty and balanced meals and it's packed full of beautiful pictures too.

I just received this book for Christmas and I spent a few hours this afternoon trying out different recipes. I love how in this book Jamie Oliver focuses on healthy eating. He also gives tips like preparing some dishes in advance in multiple servings so they are ready to go at a later time. I love the Skinny Carbonara. I doubled the recipe so now I have plenty for leftovers as well. It's healthy, full of vegetables, creamy, and yet so much better for you than some other pasta dishes. I made the granola dust ( I did leave out the dried fruits as called for in the recipe) and it turned out great. It seems so versatile, so I plan to use it to make oatmeal, pancakes, as well as to stir in with yogurt. I also made the Cocoa and Date energy balls (not the exact name in the book). These were easy and very tasty. One thing I will point out: If you use all of the ingredients in some of these recipes, it will get quite expensive. For example, for many recipes you need quinoa, various seeds (sunflower, pumpkin, flax, chia), nuts (hazelnuts, pecans, pistachios), frozen and fresh fruits, some of which are very expensive (passion fruit, pomegranate). However, I have noticed that you can eliminate some of these and still end up with a good result. I didn't add dried fruits to my granola dust (I had already spent money on seeds, nuts), but if you add it to yogurt or make pancakes out of it, that really isn't necessary anyway. I also made the Black Rice Pudding, which I found that without the extra topping Jamie suggests, it tasted great on its own, flavored and sweetened by banana. You could've used brown rice or basmati rice and ended up with great rice pudding. I did use black rice, but other kinds of rice would also work well.

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