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Superfood Soups: 100 Delicious, Energizing & Plant-based Recipes (Julie Morris's Superfoods) Hardcover - Illustrated, September 6, 2016

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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.

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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. Buy book on Amazon.com: Superfood Soups: 100 Delicious, Energizing & Plant-based Recipes

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

This book has 100 recipes which is a good start, and every single one of them, a healthy plant based soup. The book begins with a brief look overall at the topic of soup, some principles of creating a super food soup and basics - good fats, seasonings, aromatics, beans, soup composition, and some super food essentials .

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Superfood Soups, Volume 5 : 100 Delicious, Energizing ...

Superfood Soups, Volume 5 (Hardcover) 100 Delicious, Energizing & Plant-Based Recipes (Julie Morris's Superfoods #5) By Julie Morris, Sterling, 9781454919476, 240pp. Publication Date: September 6, 2016

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Julie Morris, author of the bestselling Superfood Smoothies, serves up a fresh, ultra-healthy take on juicing with 100 flavorful recipes. Incorporating antioxidant- and vitamin-rich powerhouses such as açai, chia, ginger, and kale, these drinks cleanse, energize, and rejuvenate with every sip.

Books - Julie Morris

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