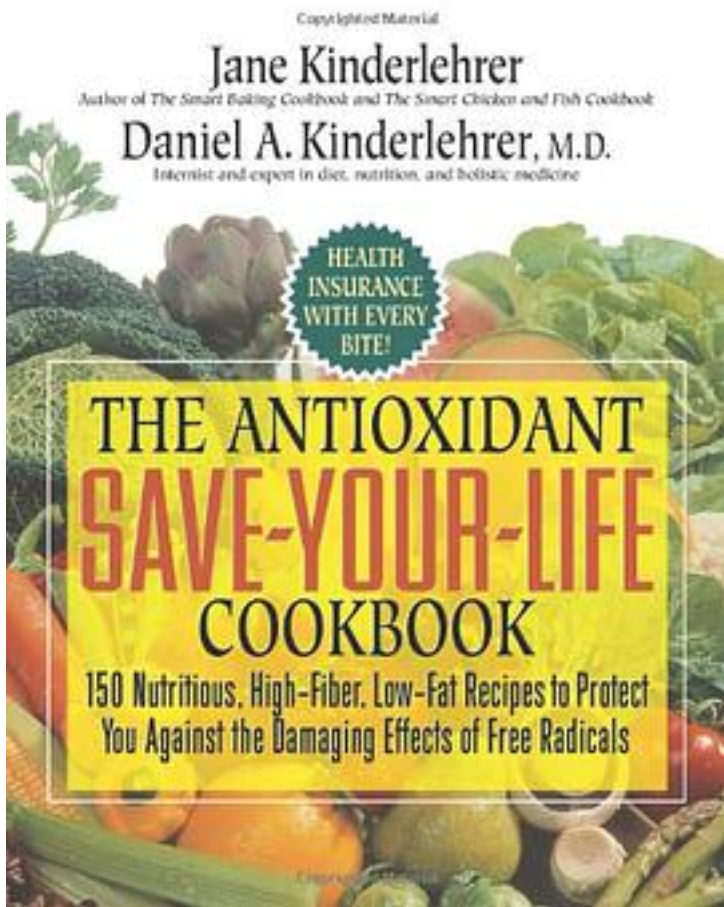


The Antioxidant Save-Your-Life Cookbook



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This must-have cookbook is packed with delicious recipes using antioxidant-rich foods that could save your life. Here are 150 family- and kitchen-tested recipes, loaded with antioxidants to neutralize the damaging effects of free radicals, without sacrificing variety or flavor. Their ingredients are high in vitamins C, E, and A, as well as selenium

and beta-carotene. Among the many medical benefits of antioxidants, they provide protection against several types of cancer, Alzheimer's disease, immune disorders, arthritis, diabetes, and aging. With such tempting dishes as Scrumptious Garlic Mashed Potatoes and Pumpkin Pancakes, it's hard to believe these recipes are loaded with ammunition to help readers: - enhance their immune system- strengthen their bones- build up resistance to viral attacks, infections, even allergic reactions- reinvigorate their love life- overcome fatigue- keep blood sugar on an even level- and much more Separate chapters cover breakfast; appetizers, side dishes, and snacks; soups and stews; main courses, both meat and vegetarian; dressings, dips, spreads, and vinaigrettes; and desserts. With recipes low in fat and calories, high in fiber and nutrients, containing no white flour, hydrogenated fats, or chemical additives, this is an invaluable addition to the cookbook collection of anyone concerned with living a long and healthy life.

作者介绍:

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