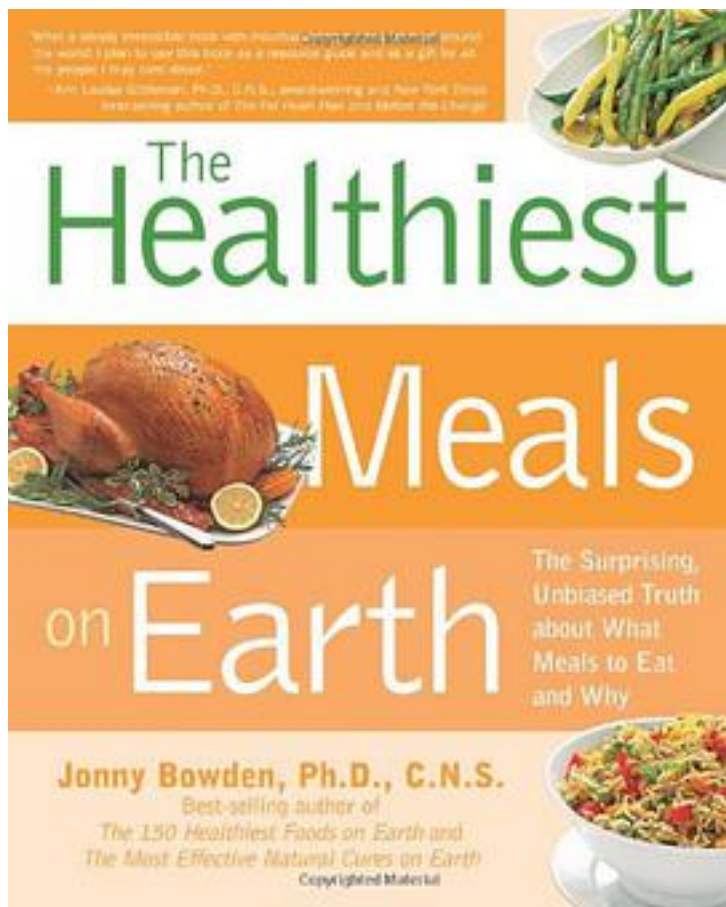


The Healthiest Meals on Earth



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The first cookbook from best-selling author Jonny Bowden Jonny Bowden's "The Healthiest Meals on Earth" contains recipes for more than sixty dishes and drinks that use nutritious and healthy cooking methods. Forty of these dishes will combine to create ten different "poly-meals," specially crafted meals that contain key nutrients

found to promote long-term health. They include Sweet and Thai Spicy Shrimp and Fruits, Persian Chicken with Autumnal Accompaniments, and the "iron booster" of Tender Calf's Liver and Sweet Beets. A "Healthiest Holiday Meal" features Citrus Stuffed Turkey, Zippy Fruit Salsa, and Sweet Potato Pie. The poly-meals are designed to be eaten three-to-five times a week. Another ten recipes are not part of the poly-meal structure; instead they are one-pot meals that include Slow-Cooker Chicken Curry, Miso Bean Soup, and Venison Stew. A chapter on drinks will include nutritious smoothies, so-called "green drinks," and others. Jonny will provide healthy cooking tips throughout the book, as well as an analysis of the foods in each recipe. Side dishes, such as Cold Strawberry Soup and Veggie Slaw with Flax Oil, and desserts, such as Raw Chocolate Fondue, are also featured. This book pairs well with Bowden's successful "150 Healthiest Foods," and can even be used as a companion cookbook.

作者介绍:

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