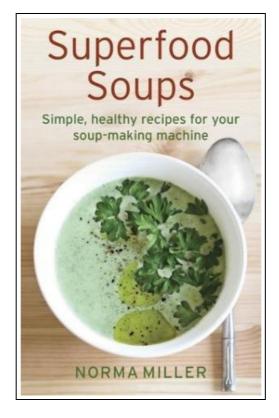
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SUPERFOOD SOUPS: SIMPLE, HEALTHY RECIPES FOR YOUR SOUP-MAKING MACHINE (PAPERBACK)



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Little, Brown Book Group, United Kingdom, 2017. Paperback. Condition: New. Language: English. Brand New Book. Superfoods are healthy, fresh ingredients and the building blocks of a delicious, balanced diet - so what better way to get the best out of them than with this selection of homemade soups! Your soup-making machine is the best possible way to harness the natural goodness in an amazing variety of tasty, nutritious soups. In this book you Il find,*Hints and tips to get the best from your soup maker*Traditional and innovative recipes, quick and easy to make*Energising and life-enhancing soups making the most of superfoodsNorma Miller has personally tried and tested these 125 tasty recipes in the latest soup makers. The soups range from established favourites (sometimes with a twist), such as Butternut Soup with Toasted Pine Nuts and Chilli Pesto, Ginger Chicken and Lemon Grass Soup, Salmon and Watercress Soup, Red Curry Tomato and Mushroom Soup with Noodles; or - for something a little different - Beetroot Soup with Tamarind and Yogurt, Coconut, Lime and Fish Soup and Chilled Cucumber, Blueberry and Almond Gazpacho.



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