



Very Blueberry (Paperback)

By Jennifer Trainer Thompson

CELESTIAL ARTS, United States, 2005. Paperback. Book Condition: New. 147 x 127 mm. Language: English . Brand New Book. Groundbreaking studies show that blueberries contain disease-fighting compounds not found in any other food. The high amounts of antioxidants found in them are believed to have powerful anti-memory-loss and cancer-preventing properties. And, despite their natural sweetness, blueberries are remarkably low in the carbohydrates and sugar calories overabundant in other fruit. Very Blueberry goes beyond the blueberry muffin (though it does include a sub-lime recipe for it!) and features this essential fruit in innovative new recipes like Goat Cheese Tart with Caramelized Onions and Blueberries; Arugula, Prosciutto, and Blueberry Salad with Honey-Citrus Vinaigrette; Pork Tenderloin with Peach-Blueberry Chutney; and Blueberry Salsa. With this charming, little cookbook, incorporating the recommended half a cup of blueberries into your daily diet will always be a sweet delight. Features more than 40 blueberry recipes for breakfasts, soups, salads, entrees, jams, and gifts. The blueberry is number one in antioxidant activity of all fruits and vegetables. Antioxidants prevent health problems like Alzheimer s, Parkinson s, cancer, diabetes, circulation problems, and urinary tract infections.



READ ONLINE
[7.67 MB]

Reviews

It is straightforward in read through safer to recognize. It really is full of knowledge and wisdom I am just easily could get a satisfaction of reading a created pdf.

-- **Mr. Sigrid Swaniawski PhD**

Absolutely essential go through ebook. It is actually rally intriguing through looking at time. I realized this ebook from my i and dad advised this publication to understand.

-- **Prof. Demetris Rau III**

See Also



Spanky the Mouse (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.The biggest failure in life for any parent, or anyone raising a child is, if the Child grows up to...



Knock Knock! 150+ Knock Knock Jokes for Kids: Funny Jokes for Kids (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Funny Knock Knock Jokes for Kids!Joke telling is very fun and can bring a smile to the...



The Ultimate Knock Knock Jokes: Funny Knock Knock Jokes for Kids (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Funny Knock Knock Jokes for Kids!Joke telling is very fun and can bring a smile to the...



Courageous Canine!: And More True Stories of Amazing Animal Heroes (Paperback)

National Geographic Kids, United Kingdom, 2013. Paperback. Book Condition: New. 190 x 127 mm. Language: English . Brand New Book. National Geographic Kids Chapter books pick up where the best-selling National Geographic Readers series leaves off, offering young animal lovers who are...



Journey in Shades: Poetry in Light and Dark (Paperback)

GB Publishing.org, United Kingdom, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Surrey Life magazine, May 2015, TV presenter Juliette Foster: She writes with the lightness of petals falling on water...



400+ Funny Jokes: Funny Jokes for Kids (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.400+ Funny Jokes for Kids!Are you looking for a fun book to keep the kids entertained and happy? This funny...
