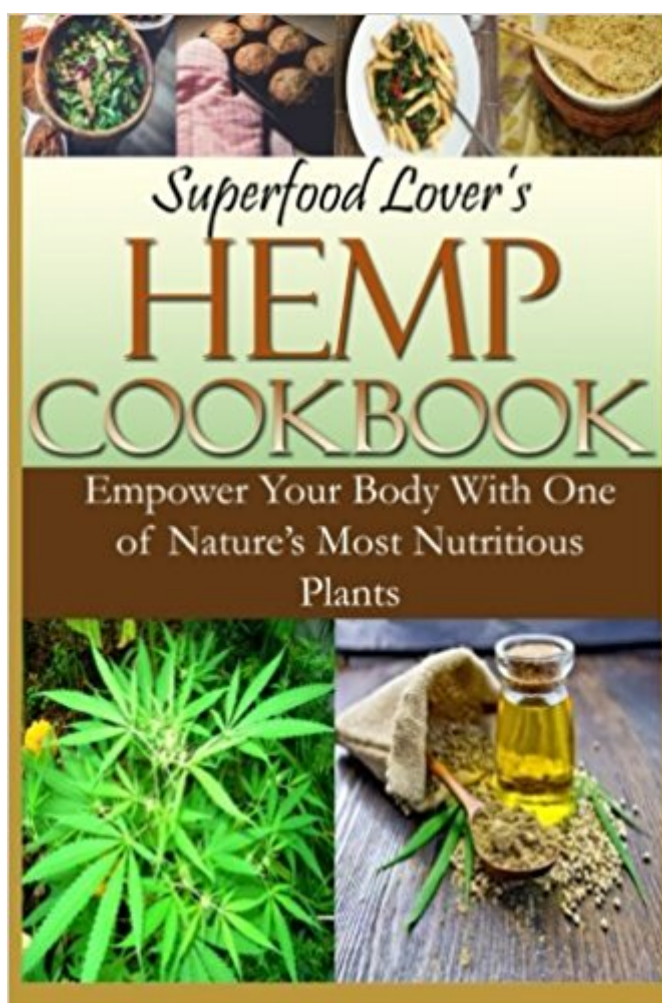


The book was found

Superfood Lover's Hemp Cookbook: Empower Your Body With One Of Nature's Most Nutritious Plants (Superfood Cookbooks) (Volume 4)



Synopsis

It's time to discover the power of hemp! This is no ordinary ingredient. Hemp is a true superfood, filled with omega-fatty acids in the seeds, and many more vitamins and minerals; whether in the flour or the oil. As part of the superfood cookbook collection; hemp is perhaps one of the most underrated of ingredients to incorporate into your diet. Although hemp products derive from the same Cannabis sativa plant as marijuana, the process of creating hemp is quite different, and hemp cooking products are designed to not contain any traces of THC. What this means is that hemp is safe to eat if you're worried about drug tests. There's no reason not to start enjoying the tasty, nutty flavors of hemp as well as the health benefits. Hemp oil, hemp flour, hemp seeds (AKA hemp hearts) are all the major ingredients used for cooking. In this recipe collection, I've put together (with a lot of trial and error) some of the best hemp recipes I can dream up of. From tons of baked goods (muffins, breads, and cookies) to hemp seed salads and hemp-infused entrees; this collection is sure to get you enjoying this superfood like never before. Enjoy the benefits of hemp and a superfood diet! - Improved cardiovascular health... Hemp and other superfoods are loaded with omega-fatty acids. - Correction of vitamin deficiencies. - Improved energy. - Higher protein intake... Hemp is loaded with protein. If you go to the gym a lot and match it with high protein intake, it will get you toned fast! - And a lot more!

Book Information

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Customer Reviews

Andrea Silver is a public speaker and certified personal trainer and health coach from Phoenix, Arizona. She is committed to the principles behind what she considers the steps to create what she

views as a true balanced and healthy lifestyle: nourishing the body, mind and spirit. It's not enough to just eat the right nutrients, but you must also nourish what cannot be immediately seen: from your social life to your sense of purpose and connection to the environment. Working hard to diagnose and treat the depression and unhappiness of the modern era, Andrea Silver is striving every-day to make the world a healthier, better place to live. She lives with her husband and 3 children (ages 4-14) in the North Valley.

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