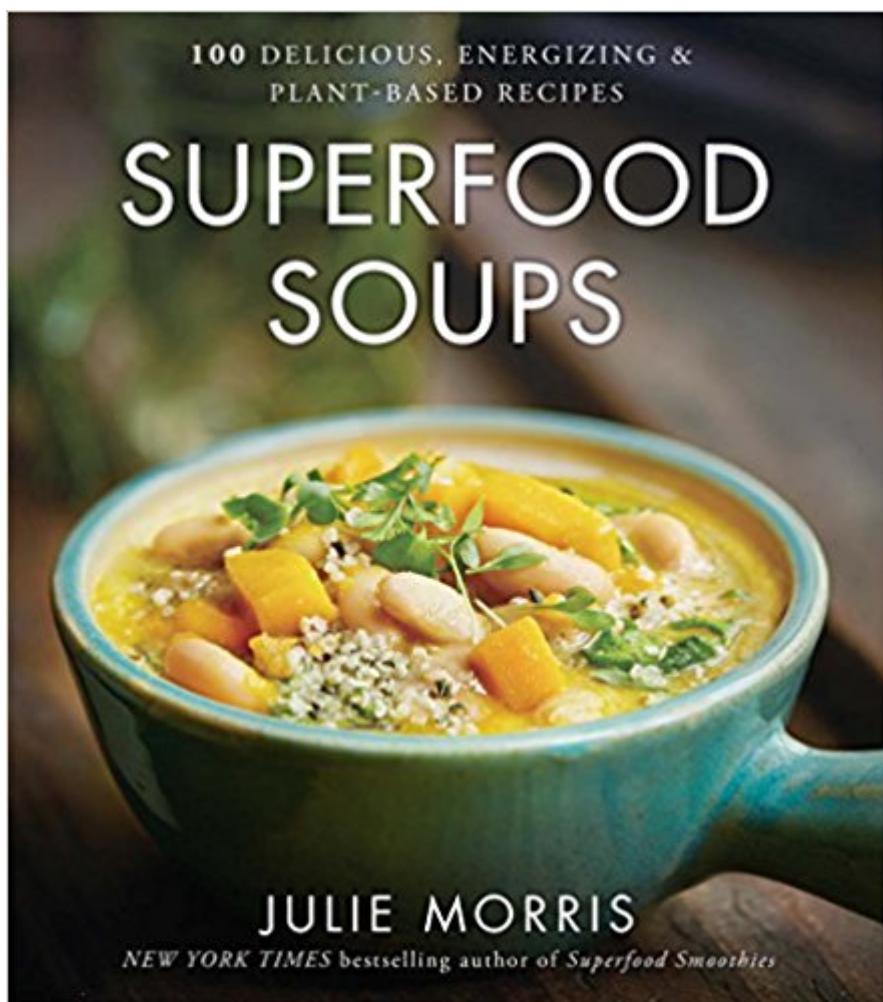


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# Superfood Soups: 100 Delicious, Energizing & Plant-based Recipes (Julie Morris's Superfoods)



## Synopsis

Soup's on! These mouthwatering recipes from New York Times bestselling author and superfood expert Julie Morris simply brim with goodness. Acclaimed superfood chef Julie Morris has chosen 100 favorites packed with nutrient-dense and plant-based whole foods such as vegetables and fruits, legumes and grains, nuts and seeds. Plus, she boosts each dish with such scientifically lauded superfoods as chia, medicinal mushrooms, turmeric, and kale. From a comforting Smoky Pumpkin Soup with Candied Seed Clusters, to an irresistibly inventive Watermelon Goji Gazpacho, to the tasty Cacao Black Bean Soup, every health-giving bowl delivers deeply nourishing deliciousness that satisfies on every level. Along with beautiful color photographs, the book is full of helpful soup-making advice and information about the health rewards of superfood soups, including soup cleanses and rejuvenating broths.

## Book Information

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## Customer Reviews

Praise for Superfood Kitchen: "Morris details what's needed to create a superfood kitchen and pantry, cataloging ingredients from açaí berries to yacon with flavor notes, recommended forms, and best uses. Techniques, too, receive their own focus, with discussions of equipment conventional (e.g., blender) as well as nontraditional, such as the dehydrator. Helpful appendixes include a superfood substitution cheat sheet, conversion charts, how to make nut and seed milks, frequently asked questions, and an ingredient resources guide." —Booklist

The New York Times bestselling author Julie Morris is a natural food chef, writer, educator, and advocate of whole, plant-based foods, and superfoods for optimal health. Based in Los Angeles, CA, Julie has traveled the United States and abroad to share her cutting-edge nutritional expertise. Her in-depth knowledge of superfoods has been quoted by the Wall Street Journal, GQ, and Women's Health Magazine, and been featured in numerous culinary publications. The recipes and nutrition tips in her four authoritative superfood cookbooks are dedicated to making a vibrantly healthy lifestyle both easy to achieve and delicious to follow. To learn more about Julie, visit JulieMorris.net.

I grew up in the UK and in the winter my mum would make big pots full of soup so we had a warm and delicious meal when we got home. It was something I loved then and still do now, even though I live in a rather warm spot, and cold winter days are few and far between -I still crave a nice bowl of soup when the hint of fall arrives. However, though I am able to replicate some of those soups -lentil and peas examples, the rest were traditional meat based soups like Oxtail and Cawl (a Welsh soup made with brisket) and as a vegetarian I need more ideas which was why I decided to buy this book. This book has 100 recipes which is a good start, and every single one of them, a healthy plant based soup. The book begins with a brief look overall at the topic of soup, some principles of creating a super food soup and basics - good fats, seasonings, aromatics, beans, soup composition, and some super food essentials . On the latter it is worth knowing that this is a book that will require you pick up some items at a specialist shop -think medicinal mushrooms, super berries, sea vegetables , seeds , grains -I am sure you can substitute (and there is a cheat sheet at the back) but note recipes feature maca, spirulina powder, dulse, wheatgrass powder. This was the one thing I did not love, for though I have many of these, if you do not, you will spend a pretty penny acquiring them and having been there with other books, it's a pain!Then there are useful tips such as cheat sheets on cooking with super foods, cost breakdown, pantry ideas, health benefits, before delving into soups lead by broths - including those for energy, detox, beauty and healing which in a concept I love about this book. Then we go to chilled soups, which loving in a hot area I loved, and this goes so much more beyond just a traditional gazpacho - I loved the carrot, ginger and cannot wait to try the coconut turmeric. Then we have creamy soups, such as a corn soup or greens soup and a new take on a potato leek soup. Many of these I should note are accompanied by stunning pictures such as the truffled asparagus soup. This is followed by - brothy and noodle soups - with a take on tortilla soup using chia seeds or a miso noodle soup, there is ramen, Pad Thai and some very

creative , way out ideas such as green tea soup!We then go to chowders and porridges,, the kitchari is my absolute favorite as I love this dish and this recipe is simpler than most; then stews and chili, followed by accouterments - garnishes, horseradish cream , pesto or even coconut bacon bits. Followed by a useful guide on sourcing some of these ingredients!This is a great, creative cookbook, full of super food soups that will keep me warm, happy and healthy all winter!

Julie Morris is an excellent researcher, chef, writer & photographer. This multitalented young lady has taken the superfood kitchen world by storm! If you havent any of her books yet, I highly recommend her "Superfood Kitchen" as a great foundation and training resource. The first chapter is worth the price of the whole book! It walks you thru some superfood education, quality, quantity, and what to expect from flavors, storage, shelf life etc. THEN the recipes follow. Soups, Smoothies, snacks, entrees, sides. salads - every one is better than the last :)We slowly started evolving into a superfood kitchen by starting with organic - nonGMO produce, and slowly adding superfoods to our pantry. Like Lucuma, Maca, Goldenberries (new addiction) raw cacao, pomegranate power and dates.Goldenberry pancakes are our go-to breakfast. Cashew Butter is decadent and addicting, yet healthy! We look forward to working our way thru all these soup recipes this winter... HIGHLY recommend. You won't be disappointed.

My goal is to make every recipe in this book. I often have cookbooks where I do more reading the actual making of the recipes; but this book was different. Right away I made several of the recipes, and cant wait to try more. Love the superfood ingredients and her use of miso... very creative!!!

Dianne Conroe, Integrative Health and Nutrition Coach, Roubxe Coking School Student

got two copies of this, one for a gift..... i only found a handful of recipes that i wanted to try. most recipes require too many ingredients for my liking..... but i'm not a great cook. I was hoping for a cookbook on soups to motivate me to make more soup. the first fifty pages are instructional, not recipes. if you like to cook and don't mind a lot of ingredients, you will probably like this book. the soups seem to be pretty healthy..... it's probably me, not the book. feel free to recommend other soup books in the comments.

Love Julie's recipes. Looking forward to trying different soups with super foods. I'm really into healthy right now and all of Julie's books have wonderful recipes.

Have made many of the soups and they are VERY healthy and easy to make. GREAT RECIPES!!!

I own all of Julie Morris's books. This one is just as good as all the others. They are so healthy and nutritious and I love the illustrations that she included for each of the recipes. These will be wonderful even for non-vegetarians!

Great book and very interesting combinations of elements. Great job Julie Morris.

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