



Superfood Soups: Simple, healthy recipes for your soup-making machine (Paperback)

By Norma Miller

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 ll 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 superfoods Norma 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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