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Eat More Greens: The Most Inventive Recipes to Help You ...

Eat More Greens: The Most Inventive Recipes to Help You Eat More Greens [Zita Steyn, Nassima Rothacker] on Amazon.com. *FREE* shipping on qualifying offers. We know we should eat more greens, but we so easily get stuck in a rut and just steam some broccoli or green beans

Eat More Greens: The Most Inventive Recipes to Help You ...

We know we should eat more greens, but we so easily get stuck in a rut and just steam some broccoli or green beans, time and time again. The recipes in this beautiful book demonstrate how to incorporate leafy greens, green vegetables, and herbs in new and exciting ways and in any meal.

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Leafy greens are some of the healthiest foods you can eat, since they're loaded with beneficial nutrients like folate, calcium, magnesium, and potassium. Leafy greens include spinach, kale, arugula, chard, collard greens, mustard greens, dandelion greens, cabbage, and others. Generally, heartier greens like kale, chard, and collards are more nutrient rich than greens like lettuce, but all ...

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