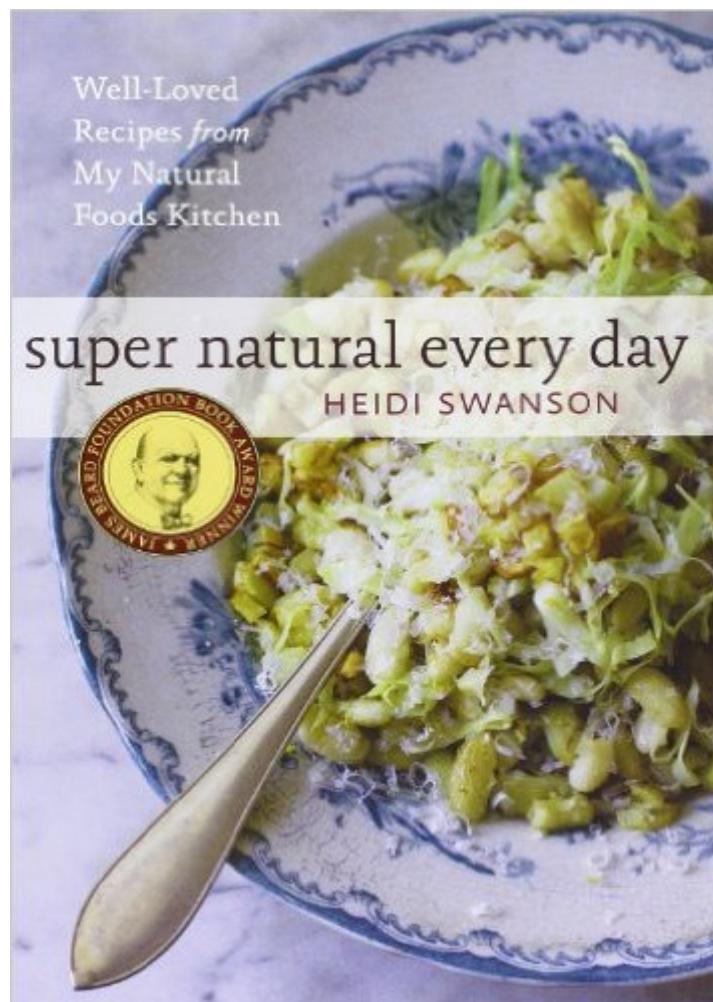


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# Super Natural Every Day: Well-Loved Recipes From My Natural Foods Kitchen



## Synopsis

Heidi Swanson's approach to cooking whole, natural foods has earned her a global readership. From her Northern California kitchen, she introduced us to a less-processed world of cooking and eating through her award-winning blog, 101 Cookbooks, and in her James Beard Awardâ "nominated cookbook, Super Natural Cooking, she taught us how to expand our pantries and integrate nutrient-rich superfoods into our diets.Â In Super Natural Every Day, Heidi helps us make nutritionally packed meals part of our daily repertoire by sharing a sumptuous collection of nearly 100 of her go-to recipes. These are the dishes that Heidi returns to again and again because theyâ "re approachable, good for the body, and just plain delicious. This stylish cookbook is equal parts inspiration and instruction, showing us how to create a welcoming table filled with nourishing food for friends and family. Â The seductively flavorful vegetarian recipes for breakfast, lunch, dinner, snacks, treats, and drinks are quick to the table but tasty enough to linger over. Grab a Millet Muffin or some flaky Yogurt Biscuits for breakfast on the go, or settle into a lazy Sunday morning with a stack of Multi-grain Pancakes and a steaming cup of Ginger Tea. A bowl of Summer Squash Soup or a couple of Chanterelle Tacos make for a light and healthy lunch, and for dinner, thereâ "s Black Sesame Otsu, Pomegranate-Glazed Eggplant with Tempeh, or the aptly named Weeknight Curry. Heidiâ "s Rose Geranium Prosecco is the perfect start to a celebratory meal, and the Buttermilk Cake with fresh plums or Sweet Panzanella will satisfy even the most stubborn sweet tooth.Â Gorgeously illustrated with over 100 photos that showcase the engaging rhythms of Heidiâ "s culinary life and travels, Super Natural Every Day reveals the beauty of uncomplicated food prepared well and reflects a realistic yet gourmet approach to a healthy and sophisticated natural foods lifestyle.

## Book Information

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## Customer Reviews

I bought this book because I follow the food blogs and everyone was raving about it. That love continues here on , where she's got nothing but 5 star reviews. I like the book, but ...I don't know who she is trying to reach here. You would expect that most people who follow food blogs and know of her would know some basics about cooking, yet she has some pages devoted to things that quite frankly I find condescending. Recipes for fruit salad, pita chips and egg salad seem a waste of space, not to mention pages devoted to making rice, whipped cream, tea (tea! as in boil water - add tea - steep) and compound butter. The two pages devoted to how to poach an egg are kind of insulting. To me. Not to everyone. That's my problem with the book. I cook a lot. I follow the food blogs too get inspiration and to get some recipes without having to buy the newest cookbooks. I know basic techniques. I figure other people who follow her blog (the people I imagine she hopes will buy this book) would, too. Or at least they have demonstrated their ability to look things up on the internet - google how to poach an egg if you must. These basic techniques seem more silly when you consider her fancy-pants ingredients lists. "I shop alongside some of the best chefs in the city ..." If you can't poach an egg or cook rice, are you really using harissa and membrillo? I bought this book thinking it would be a nice inspiration for summer veggies. But this is a pantry-heavy cookbook. Yes, its vegetarian, but it is what my husband calls "roly-poly vegetarian." Lots of beans and pasta and potatoes. There are at least ten recipes that basically dress up a pound of store-bought pasta or a 15oz can of beans.

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