



Superfoods Superfast: 100 Energizing Recipes to Make in 20 Minutes or Less

Julie Montagu

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This is the new sequel to the bestselling *Superfoods* and is for anyone who wants to fuel their body with superfoods, fast! Packed with 100 amazingly nutritious recipes, which can be made in 20 minutes or less, and all-important menu plans for busy people. *Superfoods Superfast* covers breakfast, snacks, salads, soups, main courses, and desserts.

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