



# Superfoods: 7 Essential Ingredients for Living Well

*Rena Patten*

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## **Superfoods: 7 Essential Ingredients for Living Well** Rena Patten

A superfood is a food that is packed with highly powerful and lots of antioxidants, vitamins, minerals, essential fatty acids and other nutrients that are not only supposed to keep you healthy from the inside out but may also help to ward off diseases. Some superfoods have what would be considered an unusually high amount of certain nutrients in them that without a doubt can only be beneficial in helping us maintain a healthier life. The 7 essential ingredients for living well are, Broccoli, Kale, Amaranth, Chia, Seaweed, Quinoa, Raw Cacao. Included in the 7 chapters all broken down by the superfood ingredient is the benefit of the superfood and recipes to make with that superfood. Each chapter has recipes that are easy to follow and cook with details of the health benefits on why this ingredient is good for you. Beautiful photograph with recipes for all occasions.

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