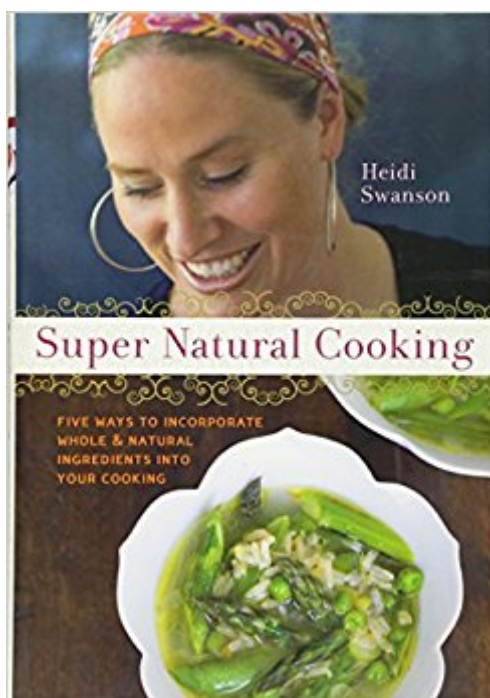


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# Super Natural Cooking: Five Delicious Ways To Incorporate Whole And Natural Foods Into Your Cooking



## Synopsis

Using a palette of natural ingredients now widely available in supermarkets, Super Natural Cooking offers globally inspired, nutritionally packed cuisine that is both gratifying and flavorful. Everyone knows that whole foods are much healthier than refined ingredients, but few know how to cook with them in uncomplicated, delicious ways. With her weeknight-friendly dishes, real-foodie Heidi Swanson teaches home cooks how to become confident in a whole-foods kitchen by experimenting with alternative flours, fats, grains, sweeteners, and more. Including innovative twists on familiar dishes from polenta to chocolate chip cookies, Super Natural Cooking is the new wholesome way to eat, using real-world ingredients to get out-of-this-world results. With an inspiring introduction to nutritional superfoods, and an emphasis on whole grains, natural sweeteners, healthy oils, and colorful phytonutrient-packed ingredients, Swanson shows you how to build a whole-foods pantry with nutrition-rich ingredients like almond oil, pomegranate molasses, and mesquite flour--each explained in detail. Features 80 recipes, a comprehensive pantry chapter, and 100 stunning full-color photos. Winner of the 2005 Webby Award for best personal website, Heidi Swanson's recipe blog ([www.101cookbooks.com](http://www.101cookbooks.com)) attracts close to 500,000 page views a month, making it one of the most widely read recipe journals online.

## Book Information

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## Customer Reviews

In Super Natural Cooking, Swanson not only goes a long way toward helping 'whole' foods shed their stale, hippie stigma but also makes a strong case for putting natural foods at the center of

an emerging, modern, global cuisine. Her seductive recipes, like lime-bathed peanut salad and an updated (almost guilt-free) take on the classic Girl Scout Thin Mint cookie, reach out to cooks who want to eat smart but still do it in style. • “Salon.com • “Super Natural Cooking isn’t just any other cookbook; it’s meant to inspire and educate, utilizing natural and native ingredients and worldly flavors . . . A great addition to your culinary library as you expand your definition of healthy cooking. • “Healing Lifestyles & Spas • “A good, solid guide to natural foods, ingredients, and how to use them without the stigma of this food being only boring, bland steamed vegetables and tofu. You’ll like her style and simple recipes along with some beautiful photos. Simplicity and ease are great assets of this book. • “South Florida Sun-Sentinel • “Looking for new ways to eat more naturally and healthfully? Super Natural Cooking is full of good ways to expand your use of whole and natural ingredients. • “Cincinnati Enquirer • “Super Natural Cooking provides not just recipes and advice, but a new perspective on food and how to eat what you should. • “Baltimore Sun • “At last a cookbook is coming that makes natural food appear glamorous and desirable. • “UPI (United Press International) Eat to Live column • “[T]he book’s layout is urbane, the photos lush, the recipes modern and sophisticated. The teff-and-tofu crowd, it seems, has gone high-gloss. • “Houston Chronicle

\* An inspiringly stylish introduction to nutritional superfoods, with an emphasis on whole grains, natural sweeteners, healthy oils, and colorful phytonutrient-packed ingredients. \* Features 80 recipes, a comprehensive pantry chapter, and 100 stunning full-color photos. \* Shows how to build a whole-foods pantry with nutrition-rich ingredients like almond oil, pomegranate molasses, and mesquite flour--each explained in detail.

I agree with reviewers who feel that instructions about how to boil an egg, pictures of the author’s headband??, etc are not necessary in a cook book. Lots of wasted pages in this book - a few recipes sound good but not enough to justify keeping. I guess as an instructional guide to people new to natural foods it’s OK. AS for me, I prefer the blog. Might try her second cookbook.

I was looking for a vegetarian cookbook that would explain how to create a vegetarian meal. I especially wanted one that was more than just salad and pasta recipes. I have found that I rarely use some of the famous vegetarian cookbooks that I own (Deborah Madison’s Vegetarian Cooking for Everyone and Yotam Ottalengi’s Plenty) because they are just collections of recipes and don’t do a great job of explaining how to ensure full nutrition with a vegetarian diet. Heidi Swanson’s book

filled the gap. This book does a great job of explaining different grains and vegetables and the few recipes I have prepared from it have all been delicious. This book doesn't have a lot of recipes (if you need that, see the books mentioned above), but the ones it does have are winners.

This is alright, but doesn't really have a ton of good recipes. Good tips for cooking naturally though and avoiding processed stuff. I just would rather have had more rounded meals that are substantial.

For me, this is a no brainer. As I was embracing a vegetarian diet, I started following her 101cookbooks blog a few years ago, the site is comprehensive with plenty of excellent recipes, and helpful feedback. Her cookbooks are an excellent extension of what is offered on the site, she goes in depth about techniques, ingredients, and there is an additional bonus of gorgeous photography. I love it!

I have looked over the recipes and find them to be what I was looking for, but I haven't used any yet so I am not reporting on that. I am reviewing the condition of the book, it was poorly put together. It hasn't had a lot of use actually, it has sitting on my desk since I received it. I was looking at the recipes whenever I had the time. I just picked it up this morning only to find out the cover was totally separated from the spine. I am still glad I purchased the book since I like the recipes. I am just hoping that the author reads this review and corrects this problem. This would have been a 5 star rating if it wasn't for this problem.

I really like this book! I have made the garlic scape soup and espresso banana muffins already. Both were yummy! I read a cookbook many times just for inspiration. If you are into eating well with whole ingredients this is for you. Can't wait for her new cookbook to come out!

I absolutely love this cookbook! Not only is it beautiful and informative (I read it cover to cover like a novel), but the recipes are absolutely amazing. I am pretty inexperienced in the kitchen and have tried dozens of cookbooks in the hopes of improving my comfort and skill in the kitchen as well as providing my family with nutritious meals. Most of the recipes I ended up with were exceptionally complicated or were lacking in the taste department. Not so with Heidi's "Super Natural Cooking" cookbook. With this book I have been able to create amazingly delicious wholesome meals that are pretty simple to prepare on weeknights. I love exploring all the new tastes and textures and even my meat-loving husband has asked me to add more tofu to our diet after tasting Heidi's "Otsu" and "Big

Curry Noodle Pot" recipies. We are looking forward to trying all 80 recipies!

I love this cookbook. I'm not a vegetarian, I've wanted to incorporate more whole, organic, and natural foods into my cooking. This book makes it easy. Heidi Swanson understands that in order to entice people to cook with natural ingredients, the recipes have to be delicious (and beautifully photographed, as these are), and they need to fit into busy lives. The collection in Super Natural Cooking does both things. I've already cooked or baked through about half a dozen recipes in the book -- all successfully. And I've tried some new ingredients, including sucanat, quinoa, and amaranth flour. If you're remotely interested in this topic, you should check out the book. These recipes offer a painless way to make your cooking healthier and more delectable.

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