

100+ SUPERFOOD RECIPES

DeeAnn Elliot Neubert

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More Than Superfoods for a Super You While this list of superfoods may be longer than most, it shows that great things 10 Honey Sweetened Recipes.

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We recommend a knife, fork and plenty of napkins to dig into this pizz'alad! Apples contain quercetin, an antioxidant and anti-inflammatory agent that may reduce your risk of lung cancer, according to research published in Cancer Medicine. Community Reviews.

Wemixedupthisstunnerofacocktailtocloseouttheweekatthestudio-vodka
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breakfast ideas are something I'm always excited to discover.
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quarter-cup of sunflower seeds delivers 14 grams of healthy mono- and polyunsaturated fats, which keeps your heart healthy and reduces your risk of cardiovascular disease, Time reports.