



# **Best Green Eats Ever: Delicious Recipes for Nutrient-Rich Leafy Greens, High in Antioxidants and More (Best Ever)**

*Katrine Van Wyk*

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**You can't survive on green drinks alone! For good health, try Katrine Van Wyk's recipes for nutrient-dense collards, kale, broccoli, and other green vegetables.**

Leafy greens are the talk of the town, for they are the most nutritionally dense foods available. They are versatile ingredients that pack an enormously healthy punch. As Katrine Van Wyk demonstrated in *Best Green Drinks Ever*, leafy greens make terrific smoothies and juices, but she definitely does *not* recommend an all-liquid diet. To satisfy your hunger?and your tastebuds?eat this:

- Grilled Caesar Salad
- Shredded Chicken and Savoy Cabbage
- Shaved Collard Greens
- Brussels Sprouts Chips

With 75 outrageously delicious recipes, there's something for everyone. Also included are modifications to make nearly every dish acceptable for a multitude of diets, from raw to cooked, paleo to vegan to gluten-free.

50 Color Photographs

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