



**The Miracle Foods Cookbook: Easy, Low-Cost  
Recipes and Menus with Antioxidant-Rich  
Vegetables and Fruits That Help You Lose Weight,  
Fight Disease, and**

*M. J Smith*

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## **The Miracle Foods Cookbook: Easy, Low-Cost Recipes and Menus with Antioxidant-Rich Vegetables and Fruits That Help You Lose Weight, Fight Disease, and M. J Smith**

Antioxidant Recipes for a Long, Healthy Life Here's the definitive compendium of the healthiest and most delicious recipes ever. Each recipe is naturally high in antioxidants (vitamins A, C, and E, and beta carotene), which help slow the aging process, deter cancer, heart disease, stroke, and a long list of other diseases--as well as enhance your immune system and help you lose weight. In accordance with the guidelines set by the National Institutes of Health, the National Cancer Institute, and the new food pyramid, this cookbook clearly and creatively shows how to incorporate five servings of fruits and vegetables (the best and most natural source of antioxidants) in your daily diet. Not a vegetarian cookbook, The Miracle Foods Cookbook offers a tantalizing collection of sumptuous, heart-healthy appetizers, snacks, main meals, side dishes, drinks, and desserts, plus dishes just for kids. Each recipe takes under 30 minutes to prepare and uses low-cost ingredients found in just about any grocery store, with most meals costing less than \$10. Complete with shopping and entertaining tips, this exciting cookbook offers helpful meal plans and over 200 mouthwatering creations that are high in fiber, vitamins, and minerals and low in sodium, sugar, and fat. Each recipe includes an expanded nutrition analysis that lists antioxidants, calories, carbohydrates, protein, fat, fiber, sodium, and food exchanges. "A delightful collection of healthy recipes in a straightforward, easy-to-read format." Jeanne Jones, "Cook-it-Light" Syndicate "She's done it again. M.J.Smith has come up with another collection of eminently useful recipes." Ann Burckhardt, Minneapolis Star Tribune

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