



Super Food: Lemon (Hardback)

By -

Bloomsbury Publishing PLC, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. Used in medicine for thousands of years, the lemon is a fabulous fruit. Juiced, peeled or preserved, the lemon can be used in delicious food and drink recipes, luxurious health and beauty treatments and can even be used to clean your home! Super Food: Lemon includes: Feature spreads - covering the history of lemons, health benefits, how to preserve and grow your own plus handy household uses. Delicious food and drink recipes - from snacks, starters, mains and desserts to smoothies and cocktails. Health and beauty recipes - treat your body from head (coconut and lemon hair damage and repair mask) to toe (lemon and peppermint foot scrub). Food is super! There s all sorts of things you can do with fruit and veg - and not always what you d expect. Whether it s cooking delicious dishes, looking after your teeth or making facepacks, there s all kinds of interesting, healthy uses for fruit and veg. Each book in the Super Foods series takes a look at one ingredient and shows a host of uses - both practical and delicious. The first books in...



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Reviews

It is an amazing publication which i actually have at any time go through. It really is written in easy words and phrases rather than hard to understand. Its been developed in an extremely easy way which is merely following i finished reading through this pdf in which actually changed me, affect the way i think.
-- Garry Lind

This is basically the finest publication i actually have go through till now. We have read and i also am confident that i am going to likely to read through again once more in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.
-- Prof. Adell Lubowitz