



# **Look Good, Feel Great Cookbook : How Eating Superfoods Can Help You Turn Back the Clock with Over 80 Comfort Food Recipes**

*Jenny Jones*

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The hot topic in healthy cooking today is superfoods. Just look at the covers of women's magazines like *Fitness* or *Shape* and you'll see headlines about the healing, anti-aging properties of foods like blueberries, nuts, spinach, salmon, and more. Former talk-show host Jenny Jones has been eating superfoods for years, which might explain why she is 59 years old, she looks great, and she never gets sick. But Jones is no health food fanatic. She wouldn't touch tofu with a 10-foot pole. She uses superfoods in her everyday, homestyle cooking, and is sharing over 80 of her personal recipes in a cookbook to pass on her "fountain of youth" secrets for the first time. There are recipes like Fresh Blueberry Muffins, Caramelized Onion and Roasted Red Pepper Dip, Broccoli Bean Pasta, and Sweet Potato Chocolate Cake. Jones believes that if food doesn't taste great, no one is going to eat it. Every recipe includes a list of the health benefits, a shopping list, and a handy list of any special equipment you'll need. Making this book even more special, all of the photography in the book was shot by Jones herself, and she will be donating 100% of her profits to benefit breast cancer research, treatment, and education at City of Hope Cancer Center.

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