



Super Natural Cooking: Five Delicious Ways to Incorporate Whole and Natural Foods into Your Cooking

Heidi Swanson

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Everyone knows that whole foods are much healthier than refined ingredients, but few know how to cook with them in uncomplicated, delicious ways. Using a palette of natural ingredients now widely available in supermarkets, *Super Natural Cooking* offers globally inspired, nutritionally packed cuisine that is both gratifying and flavorful. With her weeknight-friendly dishes, real-foodie Heidi Swanson teaches home cooks how to become confident in a whole-foods kitchen by experimenting with alternative flours, fats, grains, sweeteners, and more.

Including innovative twists on familiar dishes from polenta to chocolate chip cookies, *Super Natural Cooking* is the new wholesome way to eat, using real-world ingredients to get out-of-this-world results. An inspiringly stylish introduction to nutritional superfoods, with an emphasis on whole grains, natural sweeteners, healthy oils, and colorful phytonutrient-packed ingredients. Features 80 recipes, a comprehensive pantry chapter, and 100 stunning full-color photos.

Shows how to build a whole-foods pantry with nutrition-rich ingredients like almond oil, pomegranate molasses, and mesquite flour--each explained in detail. Winner of the 2005 Webby Award for best personal website, Heidi Swanson's recipe blog (www.101cookbooks.com) attracts close to 500,000 page views a month, making it one of the most widely read recipe journals online.



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