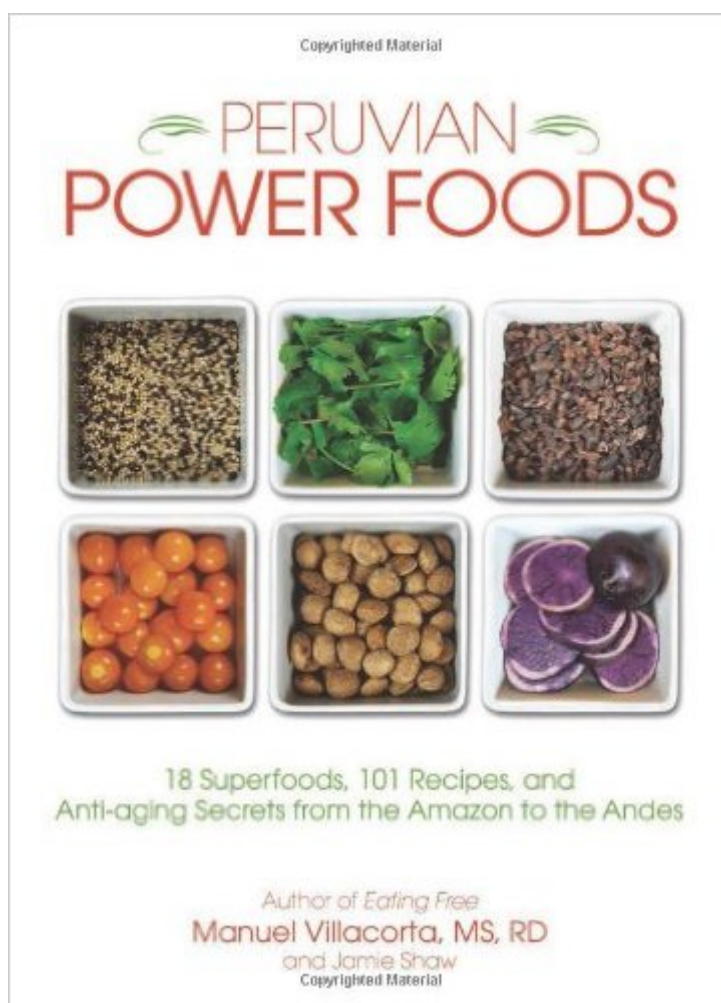


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# Peruvian Power Foods: 18 Superfoods, 101 Recipes, And Anti-aging Secrets From The To The Andes



## Synopsis

While superfoods have entered the health conversation in recent years, many people are unaware that some of the most powerful foods on the planet hail from Peru. Not only are these superfoods teeming with healing effects, they are also packed with flavor, transforming ordinary, everyday healthy meals into the extraordinary. Peruvian Power Foods introduces the top superfoods from the Andes to the coast and their myriad health benefits. Choosing from more than 100 recipes, you'll learn traditional and innovative dishes inspired by one of the most exciting cuisines today, celebrated by chefs around the globe. From super-quick smoothies and energy-packed breakfasts to sublime entrees, cocktails and more, you can satisfy your palate while eating for longevity and vitality. Indulge yourself with:

- \* Breakfast granola made with lucuma, a tangy tropical fruit that helps balance high blood pressure.
- \* Savory white bean hummus with sacha inchi, a powerful omega-3 for heart health and brain power.
- \* Gluten-free morning muffins made with pichuberry, a cancer-fighting power fruit, glucose controller, and excellent source of Vitamin D.
- \* Energy-boosting exercise shake made with maca, an anti-inflammatory and antioxidant known as "Nature's Viagra" because it helps potency in men.
- \* Decadent dessert truffles made with antioxidant cacao and camu camu, which packs a power dose of Vitamin C to boost immunity.

From Peru to your plate, this power food makeover will allow you to enjoy optimal health and optimal flavor one meal at a time.

## Book Information

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## Customer Reviews

While quinoa has entered the American mainstream cuisine, there are other healthy Peruvian foods

that have not yet been discovered. Villacorta is making sure that these hidden treasures find a space in your kitchen. Packed with tasty recipes and colorful pictures, you will learn about the nutrient composition of pichuberry fruit, sachá oil, and lucuma. If you are interested in tasty food as well as packing a nutrition punch in every bite, this book is for you.

Quinoa. Maca. Kiwicha. These sound like exotic vacation destinations, but are simply powerful, antioxidant-laden ingredients that are the superstars of *Peruvian Power Foods* by Manuel Villacorta and Jamie Shaw. This beautifully photographed book is a true treasure as it highlights ingredients both exotic and familiar that are nutritional powerhouses, and transforms them into delicious dishes. Each ingredient is given the spotlight to emphasize benefits, nutritional value, and preparation approaches taking this *Peruvian Power Foods* from a basic cookbook to a treasure trove of information. While some of the ingredients may be a bit hard to find, others are readily available and awaiting the superstar touch provided in this book. Despite the fact that not every one of the recipes is vegan, with options like Drunken Cacao Truffles, Pichuberry Marmalade, Triple Berry Camu Shake, Purple Corn Pudding, Zesty Sachá Inchi Cilantro Dressing, Veggie Causa, and Orange Lucuma Smoothie, you can make vegan dishes that are packed with nutritional value. Peruvian Style Canary Beans, Fava Pesto, White Bean Stuffed Portobellos, Tri-Colored Scalloped Potatoes, Tropical Smoothie, and Pico de Quinoa round out a dazzling selection of healthy recipes. While not every ingredient is readily available in my local market, I love the exotic nature of the recipes and am enticed to locate them in co-ops a little further out. Not only is this book visually stunning and tantalizing in its offerings, but it finally affords me an opportunity to use up the maca powder I impulsively purchased at the health foods store - Maca smoothies anyone?

I have not finished reading this yet on my Kindle fire but I am loving the great info I am getting. I will be starting my training as an herbalist soon so I get my hands on as much info on as many natural remedies that I can so that I can be a good source of knowledge for my family as well as my future clients.

I'm Peruvian, so I'm well acquainted with all these ingredients and know how to use them. However, opening this book was one surprise after another. I wasn't expecting to find so many fun and creative ways of incorporating all these super foods into my diet. I literally want to try ALL of the recipes in this book, and already have tried the pichuberry bread (which was gone in one day). Manuel has really let his imagination run wild when creating all these dishes, and the results are

fantastic! I also love the nutritional description of each ingredient, with all his knowledge as a nutritionist in each of them. When people read these, they will understand why Peruvians have been eating all these foods for such a long time.

Awesome. As I thumbed through this book, observing the amazing ingredients, and recipes here made me very eager to dive in and try every one. Literally, every recipe is so enticing. This book is very well organized. It opens each chapter with a "power" ingredient, whether it be a fruit, veggie, etc. It gives a brief but thorough description of item and its subsequent health benefits, and then continues on to give many recipes using the particular food ingredient from Peru. My wife is Peruvian, and although I really love the Peruvian cuisine, I am a vegetarian, and also very much interested in natural foods and wellness in general, and this book is exactly what I have been looking for. My wife who loves to cook the traditional Peruvian dishes, said she will make as many of these wonderful recipes to try and enjoy the benefits of Peruvian power goods. Gracias Señora Villacorta for created a wonderful, very well presented compilation of healthy recipes. Viva El Peru!!

I didn't know finding most of the staple ingredients for these recipes was going to be so difficult ( I have yet to find Pichuberries even though he says they are sold in Safeway). I find the book informative, but if I can't find most of these ingredients , then its not very useful.

When I am in Peru, I cook a lot. This book uses native fruits, vegetables and spices that are plentiful in the markets I shop at. What is the best way to make Ceviche (a tasty Peruvian sushi), how to prepare Mazamorra Morada ( a popular Peruvian purple corn pudding desert)? It's all here and more. This book will make shopping and cooking a whole lot easier.

Peruvian Power foods; Great recipes that smell like "Abuelitas" kitchen. Food is not only nutritional but also comforting. I cooked the "Sweet Potato with Empanada Beef Stuffing" OMG-Delicious. Left overs the next day; I created a great salad and warmed up two small corn tortillas-FANTASTIC! Did I mention that I have lost 10 pounds since I started with MV Nutrition? I have, down two sizes on waist, feeling energized, confident and clean.

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