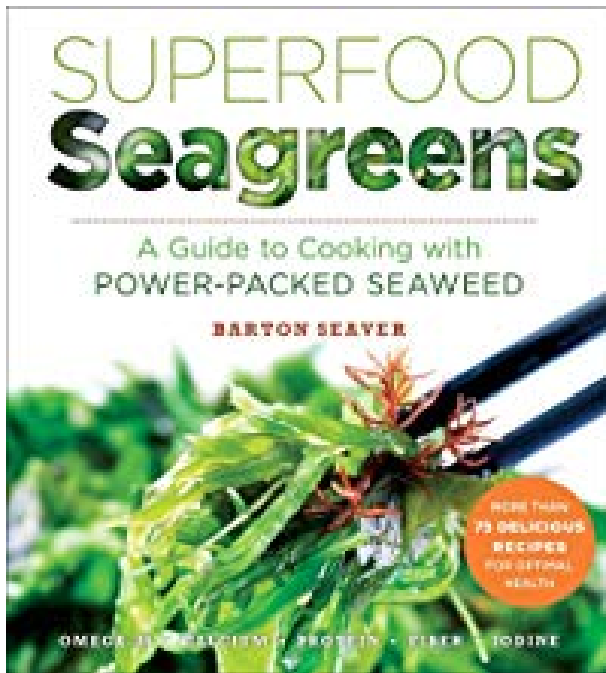


# Superfood Seagreens: A Guide to Cooking with Power-packed Seaweed



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[Superfood Seagreens: A Guide to Cooking with Power-packed Seaweed.pdf](#)

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With benefits ranging from weight loss and increased energy to overall good health, no wonder sea greens (such as kelp, dulse, wakame, and alaria) are poised to become the next superfood craze.

Incorporate them into your daily diet—and substitute them for more familiar vegetables like kale, spinach, and okra—with the help of world-renowned chef and sustainability expert Barton Seaver. His more-than-75 versatile recipes include everything from smoothies and cocktails to exciting salads, delicious pasta dishes, savory stews and soups, even breakfast foods and desserts! This one-stop cookbook covers all the different types, explains their history and traditional uses, and offers suggestions on where to buy them.