

Greens 24/7: More Than 100 Quick, Easy, and Delicious Recipes for Eating Leafy Greens and Other Green Vegetables at Every Meal, Every Day

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Summary:

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Yes, theyâ€™re good for youâ€”but who knew greens could be so much fun?

If youâ€™re trying to eat more greens but find yourself in a salad rut, Greens 24/7 is here to bring delicious, healthy veggies to every meal of the day, from breakfast to dessert. Spinach in pancakes? Kale in cornbread? You bet!

The 100+ innovative recipes pack a seriously healthy punch with more than 40 green veggies, featuring classics like broccoli and zucchini, superfoods like chard and Brussels sprouts, and unconventional greens like spirulina and kelp. Recipes include:

Chocolate Superfood Smoothie

Pesto Polenta Fries with Spicy Aioli

Zucchini Noodle Bolognese

Samosa Burritos with Peas

Lemon and Parsley Olive Oil Cake

Chocolate Hazelnut Avocado Torte

With Greens 24/7, you can have your cakeâ€”and your kale, too!

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Greens 24/7: More Than 100