



Cooking with Seeds: 100 Delicious Recipes for the Foods You Love, Made with Nature's Most Nutrient-Dense Ingredients

Charlyne Mattox

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Seeds are moving into the health spotlight: oil-rich varieties can boost energy, reduce cholesterol, inhibit tumor growth, and promote heart, brain, and immune function. Incorporating these little nutrient bombs into your daily diet is a great way to boost your health without having to give up your favorite foods; in *Cooking with Seeds*, Charlyne Mattox shows you how.

With more than 100 real-kitchen recipes, from Long Bean and Poppy Seed Curry to Beef, Carrot, and Flax Seed Meatballs to Chocolate Cupcakes with Seed Butter Ganache, there's something for every palate. Mattox also offers recipes for seed-based basics, such as milks, spreads, and butters, so even if you only have time for a snack you can reap the benefits and enjoy the flavor of these nutritional powerhouses.

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