

[PDF] Eat To Live Quick And Easy Cookbook: 131 Delicious Recipes For Fast And Sustained Weight Loss, Reversing Disease, And Lifelong Health

Joel Fuhrman - pdf download free book



Blue Apple Nut Oatmeal

In a saucepan, combine the water, oatmeal, nuts, and cinnamon. Simmer until the oatmeal is creamy. Add the blueberries and bananas. Cook for 5 minutes, or until hot, stirring constantly. Mix in the apple and nuts.

servings

- 1 1/2 cups water
- 1/2 cup oatmeal
- 1/2 cup sliced almonds
- 1/2 cup fresh or frozen blueberries
- 1 banana, sliced
- 1 apple, sliced, and chopped or grated
- 2 tablespoons chopped walnuts

* If you eat steel cut oats, simmer overnight for 30 minutes or until soft and tender.

TIP: Steel cut oats (also called Scotch or Irish oats) are a great choice because they are less processed than other oats. Instead of being steamed and rolled, oat groats are simply cut into pieces. They take longer to cook and have a chewy consistency. If you are in a rush, rolled oats (or instant oats) require less cooking time. Do not use quick oats or instant oats because they are too highly refined and have lost a great portion of their nutrients.

ALL RIGHTS RESERVED. NO PART OF THIS PUBLICATION MAY BE REPRODUCED OR TRANSMITTED IN ANY FORM OR BY ANY MEANS, ELECTRONIC OR MECHANICAL, INCLUDING PHOTOCOPYING, RECORDING, OR BY ANY INFORMATION STORAGE AND RETRIEVAL SYSTEM.

RECIPES REVEALED 26

Books Details:

Title: Eat to Live Quick and Easy

Author: Joel Fuhrman

Released: 2017-05-02

Language:

Pages: 304

ISBN: 0062684957

ISBN13: 9780062684950

ASIN: 0062684957

[**CLICK HERE FOR DOWNLOAD**](#)

pdf, mobi, epub, azw, kindle

Description:

Discover What Millions of People Have Already Experienced-- Dr. Fuhrman's Extraordinary and Life-Changing Recipes

Too busy to shop? Too tired to cook? Not sure what's healthy? From the #1 *New York Times* best-selling author of *Eat to Live* and the instant *New York Times* bestseller *Eat to Live Cookbook* comes *Eat to Live Quick and Easy Cookbook*, 131 super delicious, easy-to-prepare, incredibly healthy recipes. No guilt, no-fuss, just amazing food that's good for you. From the grocery store to the kitchen table, *Eat to Live Quick and Easy Cookbook* is just what you and your family have been looking for to become happier and healthier than ever before.

- Title: Eat to Live Quick and Easy Cookbook: 131 Delicious Recipes for Fast and Sustained Weight Loss, Reversing Disease, and Lifelong Health
 - Author: Joel Fuhrman
 - Released: 2017-05-02
 - Language:
 - Pages: 304
 - ISBN: 0062684957
 - ISBN13: 9780062684950
 - ASIN: 0062684957
-