



# **Peruvian Power Foods: 18 Superfoods, 101 Recipes, and Anti-aging Secrets from the Amazon to the Andes**

*Manuel Villacorta MS RD, Jamie Shaw*

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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 Amazon 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.

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