



[The Superfood Alchemy Cookbook](#)* by Jennifer Iserloh, copyright © 2019. Photographs by Andreana Bitsis. Published by Da Capo Press, a subsidiary of Hachette Book Group.

Our Summary:

The synergy that's possible between our home kitchen and our wellness puts [The Superfood Alchemy Cookbook](#), by Chef and health coach Jennifer Iserloh, at the top of every must-read, must-have list this fall. At the heart of this superbly written cookbook is the idea that food can help us create the outcome we want for our health and well-being, more so than what conventional thinking has taught us. This is a cookbook, a guide-book, and a manual for all around better living, eating and health, with recipes that focus on functional foods, plant ingredients, and healing herbs. Fear not, this is a cookbook first with ingredients easily accessible at most markets. Each of the seven chapters offer thoughtful ideas about

food, our relationship with it, and mindful practices. With this one book, you effortlessly begin (or energize) your path toward optimal health. Or, simply indulge in recipes that are satisfying in every way.

What you need to know:

Get it: [The Superfood Alchemy Cookbook](#) by Jennifer Iserloh, copyright © 2019. Photographs by Andreana Bitsis. Published by Da Capo Press, a subsidiary of Hachette Book Group, April 9, 2019 Paperback \$24.99 ([Amazon \\$17.12](#); [Kindle \\$15.99](#))*

See it: 272 pages of insightful, easy to read and understand concepts about the food and the body-mind-spirit relationship. Calming, and somewhat moody photos of most of the finished recipes capture your eye; meditations and suggested uses for herbs and essential oils are included. The *Table of Contents* is divided into seven chapters related to the body's seven energy centers. Each chapter leads with a list of recipes, essential oil preparations and rituals, which include mediations. A *Recipe Index*, comprehensive bibliography, and thorough *Index* are included.

Make it: 100 vegetarian recipes easily made in any home kitchen; recipes can be vegan-ized, or adapted for the Paleo and flexitarian platforms. Every recipe is designed to be gluten-free. Each chapter includes "recipes" for using essential oils and other ingredients to create scrubs, candles, diffuser blends, and other useful products.

Chef Donna's Review:

It's a short road to overwhelm if you're attempting a self-study in combining food with the transformative ideas around the alchemy of mind, body, and spirit. Luckily, Chef and health coach Jennifer Iserloh, wrote [The Superfood Alchemy Cookbook](#) so anyone can effortlessly jump on the path to optimal health, wellness and well-being just by looking inside its cover. Each chapter is named for the relationship our body has with food, like *Calcination: feeling the burn, detoxifying the body* or

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Separation: promoting digestion and supporting the gut. Distillation is designed to help focus and calm the mind, and *Fermentation* is directed to help you speak your truth and protect the thyroid. Remember, however, this is a cookbook; by creating the food in it, the transformative process unfolds.

If that all seems a bit too earthy-crunchy for a sturdy metropolitan lifestyle, then recipes like *Roasted Broccoli with Harissa, Cloves and Rose*, *Apple Guacamole with Sweet Potato Crisps*, *Savory Apple Onion Tart*, *Squash Noodles with Romesco Sauce*, or *Root Vegetable Fries*, will grab you. [The Superfood Alchemy Cookbook](#) also includes recipes for tempting treats like *Almond Financiers with Hibiscus Syrup*, *Minty Avocado Green Tea Ice Cream*, *Pineapple Cucumber Slushie*, or *Hot Rosemary Apple Crumble*.

If you're only looking for delicious and updated twists to your favorite spiralized or vegetable dishes, you'll enjoy Iserloh's easy voice and [The Superfood Alchemy Cookbook's](#) ideas. You'll know what the recipes and concepts in every chapter can help with. Recipes like *Romaine Lettuce Wedges with Greek Dressing* (promoting digestion and supporting the gut), *Sweet Chili Jam* (supporting the kidneys and adrenals), *Beet Spaghetti with Caramelized Onions and Crumbled Feta* (detoxifying the body), *Kimchi Brussel Sprout Fried Rice* (protecting your thyroid), and *Korean BBQ Broccoli with Portobellos and Fried Shallots* (balancing energies and healing the heart), provide endless variety. Have no fear, though. Iserloh doesn't send you on a wild goose chase looking for strange ingredients. She sends you to your market. And, once you're done cooking main courses, blending shakes and smoothies, preparing comforting soups and sides, each chapter concludes with a variety of essential oil preparations and rituals that include meditations, diffuser blends, and body rubs. You never feel lost, overwhelmed, confused or frustrated. You feel hungry and happy to step into the kitchen.

If you are at all curious about alternative paths to health, wellness, wholeness, and healing, [The Superfood Alchemy Cookbook](#) deserves your attention. It's a mindful approach to food that gives you high-impact nutrition in delicious, manageable recipes. And, for good measure, ideas and practices around meditation, healing herbs and essential oils are included. I dare you to try and put this cookbook down. Each page, and every calming, ethereal photograph of food, draws you in. Best of all, these recipes won't challenge your cooking skills or your pantry. Instead, they pave the way toward a delicious meal. If you just want to cook recipes, Iserloh makes it easy. And, if you find your way to optimal health in the process, so much the better.

Recipes to cook from [The Superfood Alchemy Cookbook](#) by Jennifer Iserloh, copyright © 2019. Photographs by Andreana Bitsis. Reprinted with permission by Da Capo Press, a subsidiary of Hachette Book Group:

[Minty Avocado Green Tea Ice Cream](#)

[Hot Rosemary Apple Crumble](#)

[Nutmeg Cacao Nib Pumpkin Mousse](#)

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