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Superfoods at Every Meal: Kale Pizza Recipe. Kelly, from Nosh & Nourish uses 10 everyday superfoods and incorporates them into every single recipe!

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Superfoods at Every Meal sweet potatoes, blueberries, eggs, honey, coconut oil, greek yogurt, and walnuts Quinoa 2) Chickpeas 3) Kale 4) Sweet Potatoes 5)

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Superfoods at Every Meal: Nourish Your Family with Quick and Easy Recipes Using 10 Everyday Superfoods eggs, honey, coconut oil, greek yogurt, and walnuts

Artichoke, kale & mozzarella melt from superfoods

Italian-inspired quesadillas from Superfoods at Every Meal are Artichoke, Kale & Mozzarella Melt Meal by Kelly Pfeiffer of Nosh and Nourish hit

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