



Greens 24/7: More Than 100 Quick, Easy, and Delicious Recipes for Eating Leafy Greens and Other Green Vegetables at Every Meal, Every Day

Jessica Nadel

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Yes, they're good for you—but who knew greens could be so much fun?

If you're trying to eat more greens but find yourself in a salad rut, Greens 24/7 is here to bring delicious, healthy veggies to **every meal of the day**, from breakfast to dessert. Spinach in pancakes? Kale in cornbread? You bet!

The **100+ innovative recipes** pack a seriously healthy punch with **more than 40 green veggies**, featuring classics like broccoli and zucchini, superfoods like chard and Brussels sprouts, and unconventional greens like spirulina and kelp. Recipes include:

- Chocolate Superfood Smoothie
- Pesto Polenta Fries with Spicy Aioli
- Zucchini Noodle Bolognese
- Samosa Burritos with Peas
- Lemon and Parsley Olive Oil Cake
- Chocolate Hazelnut Avocado Torte

With *Greens 24/7*, you can have your cake—and your kale, too!

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