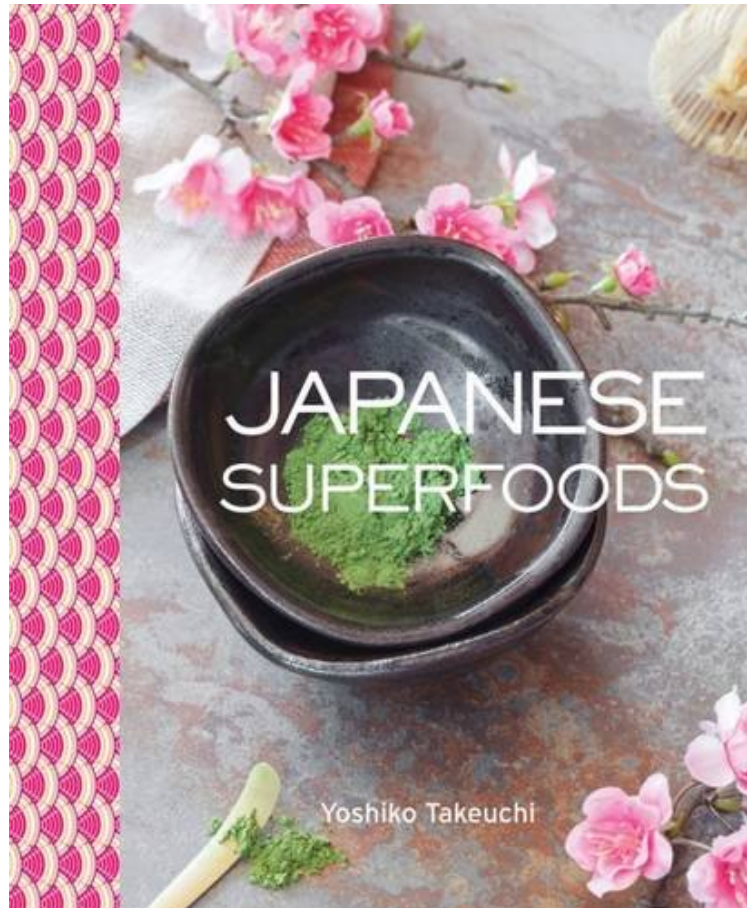


Japanese Superfoods

Yoshiko Takeuchi

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Do you want to lose weight? Be free from sickness? Be full of energy? Look younger? You can achieve all this by cooking with ancient Japanese superfoods. If you're a superfood superfan, you're probably already familiar with healthy Japanese delicacies like matcha tea, tofu, miso, and edamame. But with the distinction of having the most citizens living to the ripe age of over 100, and a vegetable-based traditional cuisine that's world-renowned for being both tasty and wholesome, this island nation has much more to offer foodies.

About the Author Yoshiko Takeuchi is a full-time cooking teacher running a successful cooking school. She is a qualified chef and has a bachelor degree and qualifications in Nutrition. Yoshiko was born in Japan and has been

teaching cooking for over 16 years in Japan. She specialises in teaching Vegetarian, Vegan and gluten free cooking as well as both traditional and modern Japanese cuisine. She trained under renowned chef Tetsuya and she has a life-long passion for food and health. She believes that we reall