



Cooking the RealAge Way: Turn back your biological clock with more than 80 delicious and easy recipes

Michael F. Roizen, John La Puma

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Looking for meals that are delicious, healthy, and easy to make? How does Shiitake Mushroom and Asparagus Frittata with Smoked Salmon sound? Or a Roasted Red Pepper and Kalamata Olive Sicilian Salad? Or Pistachio Pilaf with Butternut Squash and Gingered Cranberry Sauce? They sound very tasty, but would you believe they can also actually help you control your genes, making your RealAge younger? You don't have to be at the mercy of heredity. It's true: These recipes and many more have been developed and tested by Dr. Michael F. Roizen, author of the bestselling RealAge, Are You as Young as You Can Be?, and Dr. John La Puma, who is also a professionally trained chef. With his RealAge program, Dr. Roizen has already helped tens of thousands of people turn back the clock. Now he and Dr. La Puma are cooking things up in the kitchen in *Cooking the RealAge Way*.

Cooking the RealAge Way offers more than eighty easy, healthful, and scrumptious recipes, all of which prove that nutritious meals don't have to be time consuming, filled with hard-to-find ingredients, or taste like they're good for you. These recipes explode in flavor and are low in aging fats and sugar and high in Omega-3 oils, flavonoids, and antioxidants. Each recipe provides a detailed description of that meal's age-reducing benefits, and every meal of the day is covered -- from breakfast's melt-in-your-mouth Golden Banana Pancakes with Fresh Raspberries to the after-dinner pièce de resistance Chocolate Strawberry Sundae. The meals are so appetizing, you'll forget that they are good for you and make them again and again.

Cooking the RealAge Way also features:

- The Kitchen IQ test -- use it to find out if your kitchen is aging you and how to stock your kitchen to make yourself younger with what you eat
- The benefits of using fresh produce in season
- The advantages of using the best herbs and spices -- and how to grow them in your garden
- Tips on improving your family's eating habits
- Easy culinary techniques, from blanching to grilling

Finally, a cookbook that both your nutritionist and inner gourmand will love.

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