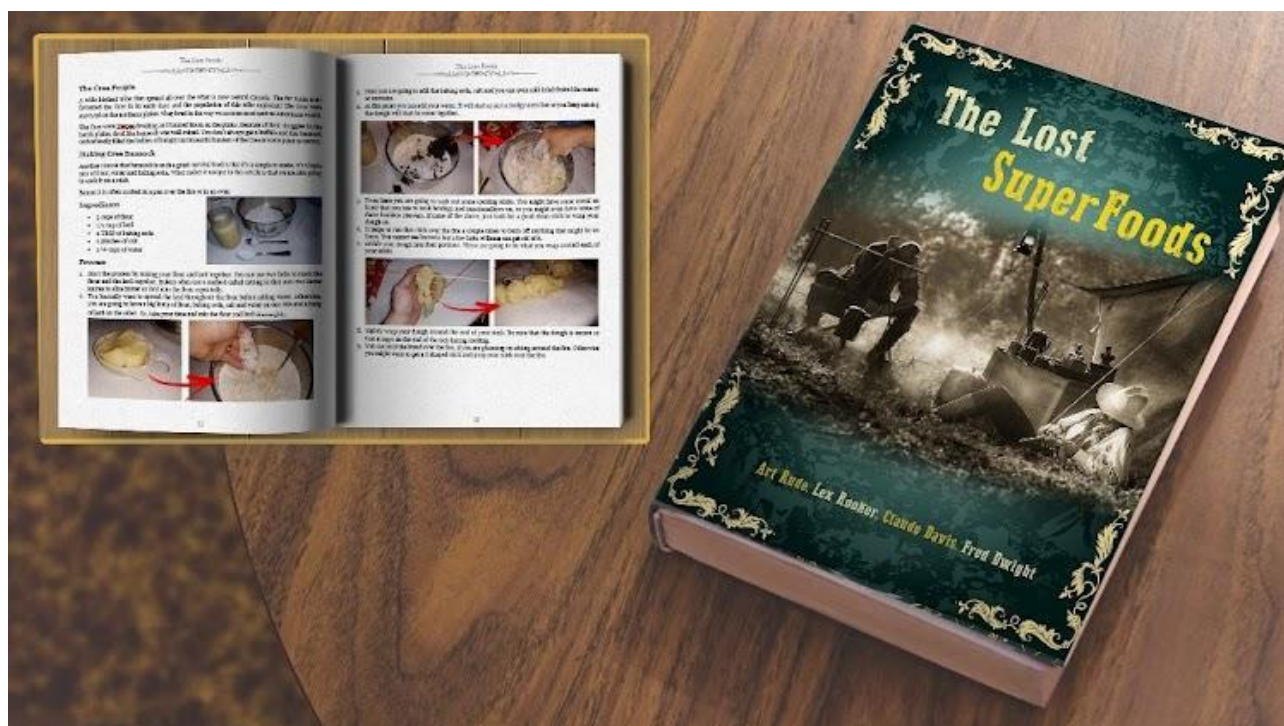


A large, black, rounded cooking pot with a lid and a small handle on top is suspended by a thin wire over a campfire. The fire is made of logs and is burning brightly with orange and yellow flames. The background is a soft-focus green, suggesting a forest or garden setting. The text "The Lost Superfoods" is overlaid in a light beige serif font.

The Lost Superfoods

The Lost Superfoods PDF Book By Art Rude and Recipes

In this detailed review, you will discover everything you need to know about The Lost Superfoods PDF and paperback book. In his masterpiece, Art Rude included every superfood recipe that saved our grandparents. All you need to do is download your copy of The Lost Superfoods PDF and start building the most inexpensive yet highly nutritious, time-tested and long-lasting food stockpile you could ever imagine.



[Click here to download The Lost Superfoods PDF Book >>>](#)

Art Rude believes we are all much more vulnerable today, compared to previous generations, especially when it comes to our food.

He is a former college math teacher and a family man through and through.

As a father and grandfather, he's always been concerned with keeping his loved ones safe from any disaster we may face in America.

In the old days, people grew most of what they ate in the backyard as vegetables or raised chickens and other small animals around the house.

Some even had a cow for milk and cheese.

Most of today rely on supermarkets for our every meal, oblivious to the fact that if they ever get looted or the Grid fails, we'll have no way left to provide food for our families.

The Lost Superfoods PDF book includes only recipes that are about long lasting foods that can be stored without refrigeration.

This information is so organized that anyone, even people with absolutely no prior cooking or stockpiling experience, can take advantage of it.

Everything is explained in a clear, precise step by step manner, using colored pictures and easy to follow instructions.

With over 126 forgotten survival foods and storage hacks, "The Lost Superfoods" (PDF) is a vital book to place in your survival stockpile.

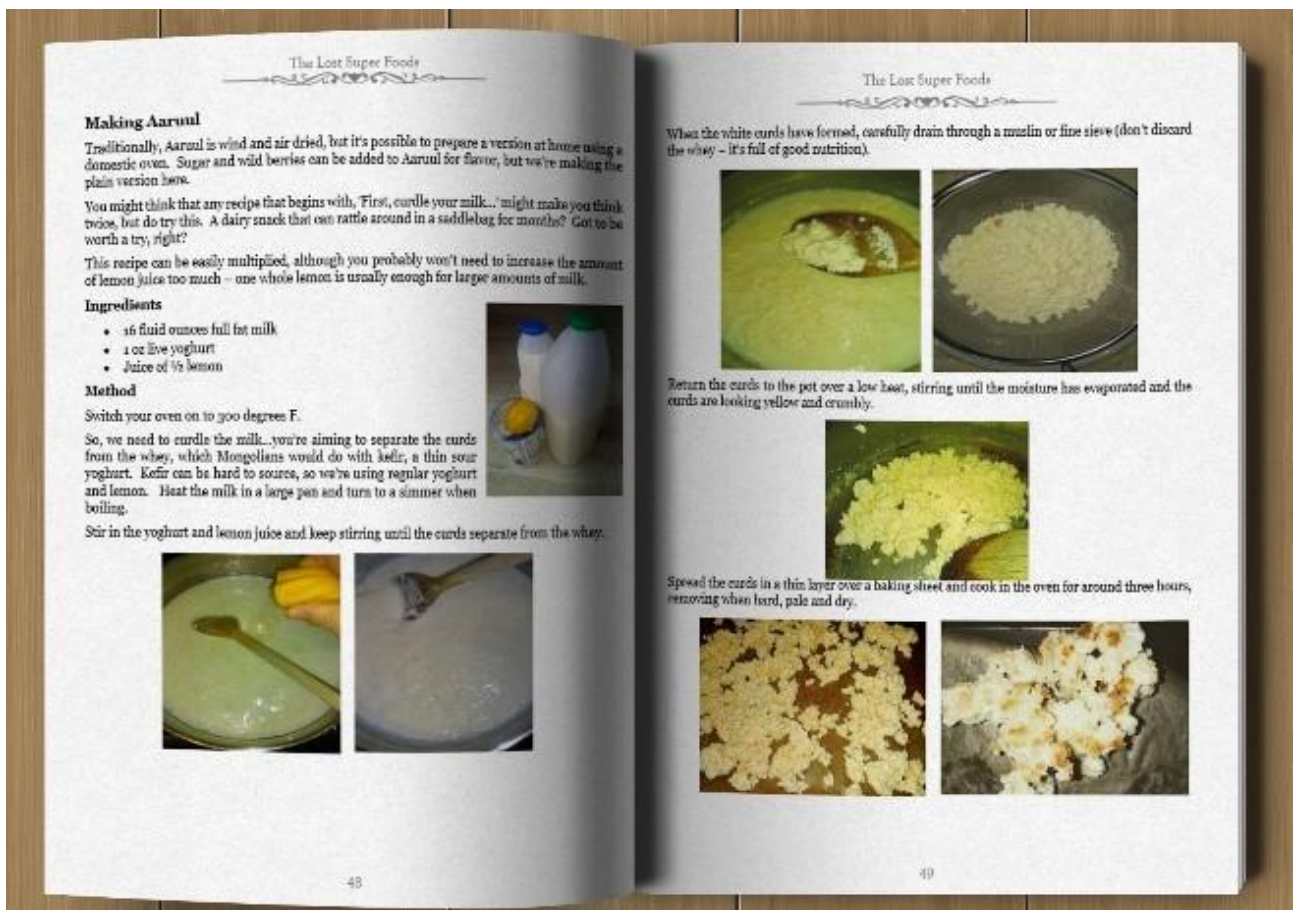
You will also find exact nutritional values for each food you add so that at all times you know exactly how many macro nutrients such as fat, carbs, and protein your body is getting.

And how many more you still need.

Art Rude's goal with The Lost Superfoods PDF recipes is to have as many American households as possible prepared with 3, 6 and even 1 year's

worth or more of long-lasting superfoods to survive a local emergency like a hurricane or a country wide disruption like a pandemic or a total grid collapse.

Here's just a small glimpse of what you'll find in The Lost Superfoods PDF book by Art Rude...



The US Doomsday Ration

You'll discover how to make your own U.S. secret military superfood that was developed during the Cold War.

And was meant to feed the entire US population in the harshest conditions.

Once you've made your first batch, get ready to forget about it because in the right conditions this food probably never spoils.

You'll always be able to keep your entire family well-fed on it just by spending a few dollars. Plus, it's also lightweight enough that it belongs in your bug-out bag too.

The Shelf Stable Food for Vital Fats

This superfood, described in The Lost Superfoods PDF book, can give you all the healthy and vital fats your body needs in a crisis, without needing any refrigeration to keep good for at least one year.

Rich in butyric acid, it will also help with absorbing the maximum amount of nutrition from any other food by protecting your gut lining and helping you stretch your food stockpile.

[**Click here to download The Lost Superfoods PDF Book >>>**](#)

The Leningrad Siege Superfood Recipe

This recipe you can find in The Lost Superfoods PDF is one of the foods that kept a few people well-fed during the Leningrad siege, while famine gripped the city around them. It's a forgotten European dish that comes from a time when people had to get creative about preserving their food.

The Long-Lasting Bread Recipe

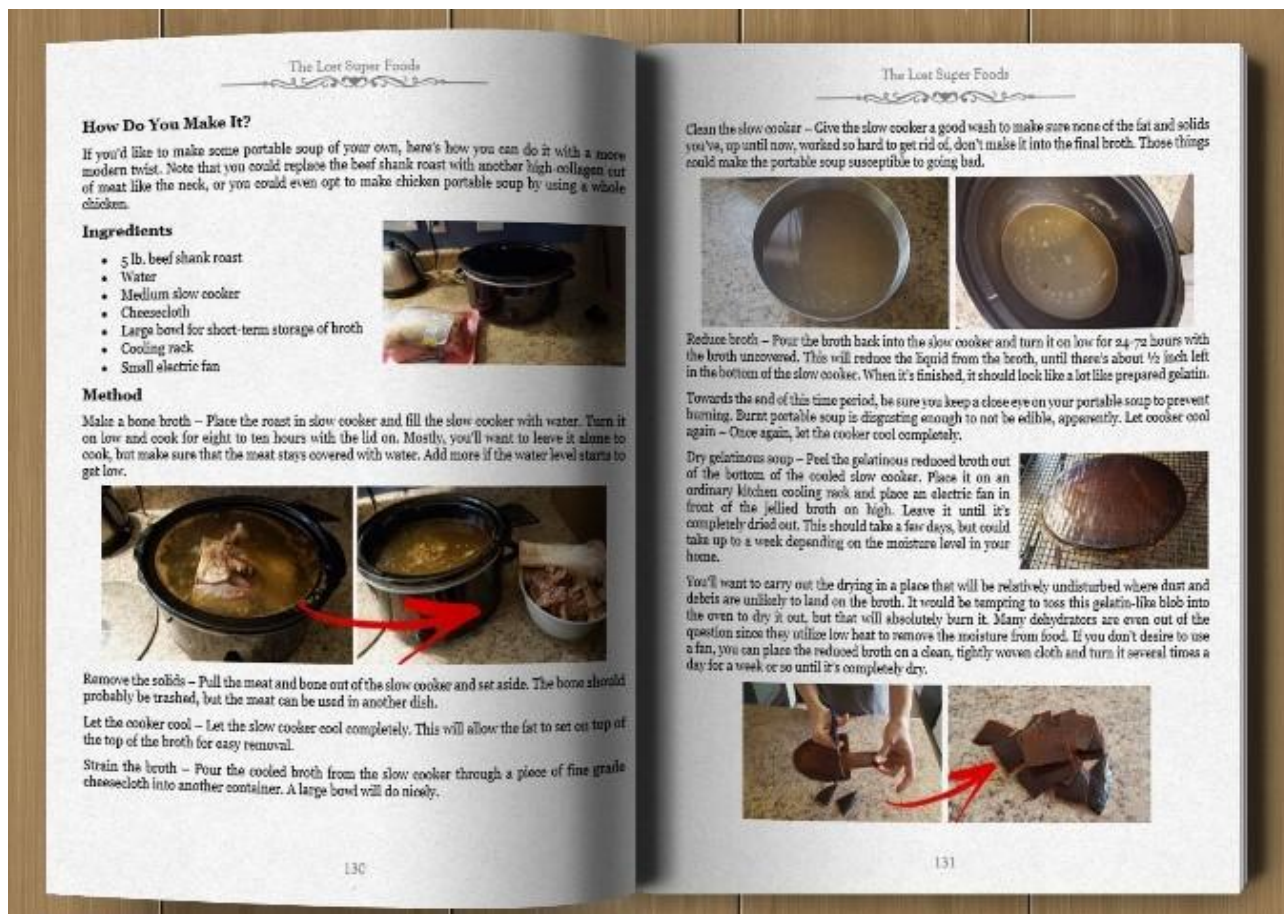
You'll also discover a type of long-lasting bread developed by the Cree Tribe of Canada when faced with starvation after the buffalo were hunted to the brink of extinction.

This bread is all you need to get energy-boosting carbs into your crisis diet.

The Great Depression Food

The next superfood you'll discover in The Lost Superfoods PDF book kept America from starving during the height of the Great Depression.

It's also probably the best-tasting survival food you'll ever come across. It lasts for about two years without refrigeration.



The Cheese Preservation Secret

Learn how you can preserve almost any kind of cheese at room temperature. It's no secret that cheese has been around for a lot longer than refrigeration.

The Civil War Miracle Food

Art Rude will also reveal the one food that saved more American lives during our Civil War than any other. Surprisingly, it's not hardtack, but it's probably just as long-lasting.

The Ottoman's Empire Shelf-Stable Meat

You'll also get the recipe for a "coated meat" that fueled the conquests of the Ottoman Empire for centuries and prevented them from starving even when the "scorched earth" strategy was deployed against them.

Genghis Khan's Long Lasting Probiotic

In The Lost Superfoods PDF book, you'll also discover the superfood that helped the Mongol hordes of Genghis Khan march all the way to the gates of Vienna.

Besides preventing nutrient deficiencies, this food is also one of the best natural probiotic you can get, one that will counteract eating processed food like MREs.

The Ninja Superfood

This recipe kept the elite assassin well-fed on their month-long, covert missions when fresh food, and even drinking water, was hard to come by.

Tarhana Recipe

Tarhana is a specific fermented soup people from Turkey used to survive when crops failed for three years in a row.

It will stay good for years on your shelf as the fermentation process kills all dangerous bacteria.

Bark Bread

In The Lost Superfoods PDF book by Art Rude, you will also learn how to make bark bread from a tree that grows on almost every street in America.

Frumenty Recipe

You'll also discover the recipe for the survival food that saved the Europeans during the Dark Ages, and especially as the Black Plague was ravaging the countryside.

Many are thought to have survived because the vital nutrients in this complete food fortified their bodies.

And 100+ other survival foods and forgotten preservation methods that you can choose from and add to your stockpile

With The Lost Superfoods PDF book or the paperback version, you can banish all fears of starvation for good.

[Click here to download The Lost Superfoods PDF Book >>>](#)