



Colorful Food for the Soul Recipes That Nourish the Body and Engage the Spirit

By Lucinda Freeman

LifeRich Publishing. Paperback. Condition: New. 194 pages. Dimensions: 11.0in. x 8.5in. x 0.5in. Colorful Food for the Soul is part of an evolving effort to create straightforward recipes that nourish the body and soul. Cooking with color is an excellent way to unleash your creativity and amp up your nutrition intake. To make your experience while using this book more satisfying, I emphasize recipes that engage multiple senses. On a rough day, there is nothing more satisfying than slapping around some bread dough, watching it rise, smelling it bake, and tasting that warm, yeasty goodness right out of the oven! My over-arching goal is to inspire you to cook more, and add your own stamp of creativity to recipes, so that the experience of creating tasty and nutritious food becomes uniquely yours. On some recipes you'll see ideas submitted by friends of mine who were recipe testers for this book. Throughout the book you will find these icons which will enhance your experience: Here's one idea; make it your own! historical or cultural factoid calorie-wise nutrient-rich time-saving This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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