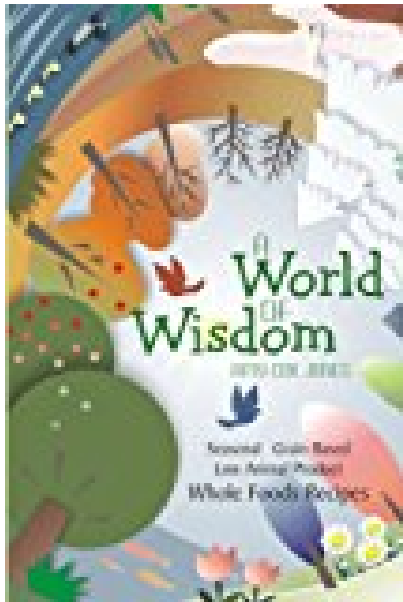


A World of Wisdom Seasonal Grain-based Low Animal Product Whole Foods Recipes



BOOK DETAILS

- Author : Amy Cox Jones
- Pages : 216 Pages
- Publisher : Salt of the Earth Press
- Language : English
- ISBN : 0981694918

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BOOK SYNOPSIS

Eating according to what is in season isn't a new idea, but it is one that is being proven to be based on a sound medical, ethical, environmental and scriptural foundation. From basic staples to scrumptious desserts, A World of Wisdom will take you through the seasons and show you how easy it is to follow the Word of Wisdom. 198 pages of seasonal, grain based, low animal products, whole foods recipes organized according to season. Includes a section on many ordinary and unusual grains with easy cooking directions.

A WORLD OF WISDOM SEASONAL GRAIN-BASED LOW ANIMAL PRODUCT WHOLE FOODS RECIPES

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