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Feed Your Soul: A Cookbook That Nourishes Body Mind And Spirit

George Fowler

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Feed Your Soul is a celebration of the simple art of cooking that goes beyond the realm of the traditional cookbook. Focusing on fresh whole foods and delectable low-fat, healthful dishes from around the world, it serves up daily reflections and meditations that will inspire and enlighten you. This fresh, imaginative and unpretentious approach to cooking and eating celebrates our connection to the earth with such delicious recipes as:
-- Spicy Red and Black Bean Tortilla Pie
-- Szechuan Stir-Fry with Fresh Asparagus and Sweet Gold Pepper
-- Blue Corn-Pecan Pancakes with Cranberry-Maple Sauce
-- Calypso Soup
-- Whole Grain Macaroni and Cheese with Mushrooms, Broccoli and Red Bell Peppers

For authors George Fowler and Jeff Lehr, the kitchen is a place where we can become more aware of ourselves and the world around us, where we can nourish ourselves and others, both in body and in spirit.

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