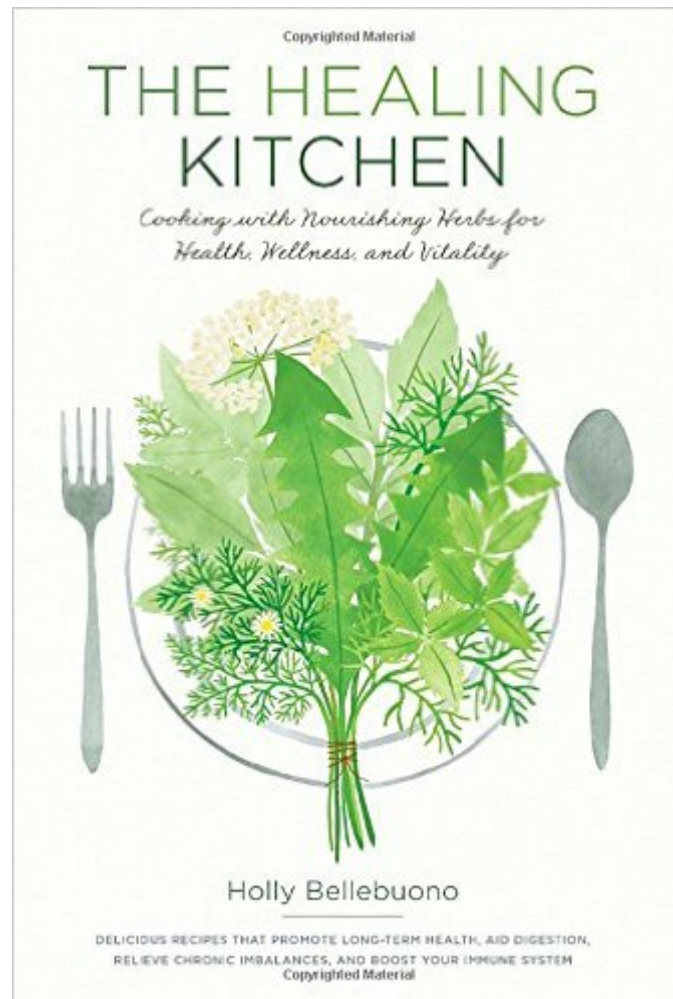


The book was found

The Healing Kitchen: Cooking With Nourishing Herbs For Health, Wellness, And Vitality



Synopsis

Discover radiant health and promote longevity through the use of healing herbs—over 140 tasty recipes to boost the nutritional benefits of everyday foods. Nourishing plants can have a profound effect on our health when incorporated into the foods we eat. By bringing herbs such as dandelion, purslane, sumac, and calendula into the kitchen—rather than limiting them to medicines or remedies—we can enjoy their flavors and reap their benefits. From Nettle Chai to Lavender Yogurt, Wild Greens Miso Paste, Lamb's-Quarter Cavatelli, and Rose Petal Rice Pudding, the recipes here were created to please the palate and with long-term health in mind. Explore these everyday recipes to calm stress and anxiety, ease digestion, correct imbalances, build immunity, and promote overall wellness and longevity.

Book Information

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Customer Reviews

This book is fabulous! I have a lot of books in my herb library but I knew I needed to have this one. It has not disappointed. It is full of recipes using herbs and easily gathered wild plants. I want to try them all but sadly it is not the time of year for all of these plants. I will start making a list by seasons of things I need to get to try. I love that each recipe has its own classification so you can easily make choices. "refreshing, Iron rich, calming, clarity" are all easily noted so you can make the choice based on your needs at that time. This will be a book that I delve into over a long period of time. It's not something I will glance through and put back on the shelf. This is definitely a must have for any herbal library.

When Holly Bellebuono has a new book you can bet it is something that will educate you and inform your cooking, improve your health and give you more power in the kitchen. She has collected recipes from herbalists, healers, chefs and gardeners that will inspire and sate you. This book makes a great gift.

This is not only a beautiful book, but it has a mountain of information in it. The first recipe I tried was Golden Seed Crackers (page 175). Oh my goodness, they were sooooooo good. Such great ingredients.

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