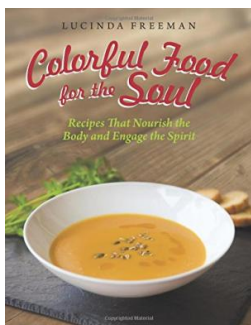


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LifeRich Publishing. Paperback. Condition: New. 194 pages. Dimensions: 11.0in. x 8.5in. x 0.5in. Colorful Food for the Soul is part of an evolving effort to create straightforward recipes that nourish the body and soul. Cooking with color is an excellent 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...

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