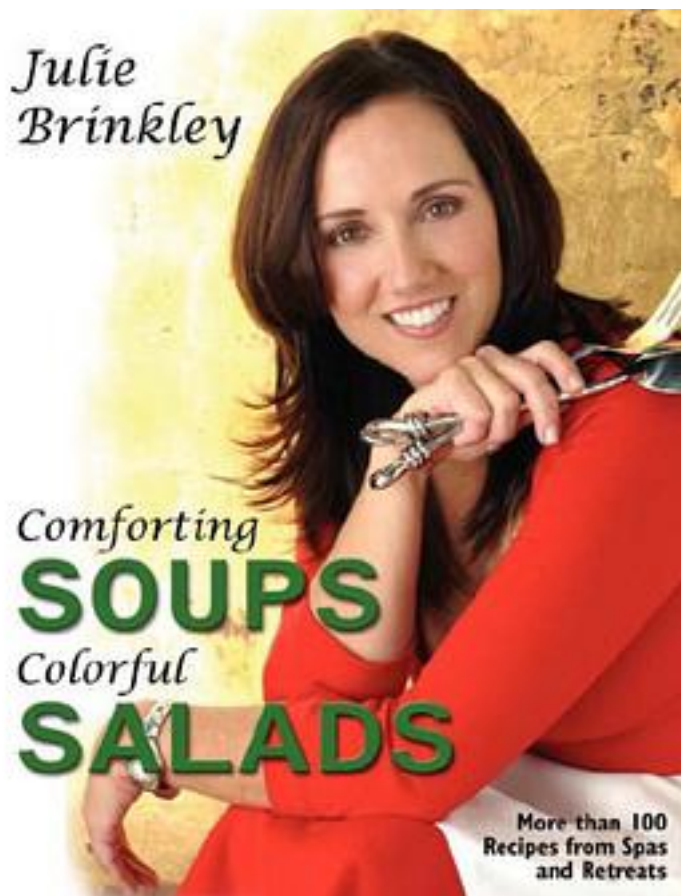


# Comforting Soups Colorful Salads



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Julie Brinkley's, *Comforting Soups Colorful Salads*, brings over 100 recipes that echo many of today's health-conscious trends. Enjoy hearty soups that comfort and salads which provide fresh, instilling energy. Tasty, nourishing food promotes a healthy body and mind. You will be delighted to discover these recipes have simple hints to

accommodate or teach wholesome ways of eating. These recipes promote pH balancing, healthy fats, and nutrition for well-being.

作者介绍:

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