



# **A Harvest of Healing Foods: Recipes and Remedies for the Mind, Body and Soul**

*Christine McFadden, Kathleen Zelman*

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Harness the therapeutic powers of food. Far more than a cookbook, this beautifully photographed guide will help you optimize your health--deliciously. More than 60 delectable recipes satisfy a wide variety of tastes and needs, and include tasty appetizers, entrees for vegetarians as well as for meat eaters, side dishes, drinks, and desserts. Start off your day with a hearty breakfast of Buckwheat Pancakes. Get a lift at lunchtime from Black Bean and Roasted Tomato Soup. For a nutritious snack, try a Chocolate, Cranberry, and Walnut muffin. Plenty of sidebars offer cooking tips as well as information on various ingredients. An extensive directory describes types of nutrients and their sources as well as presenting the healing qualities of various foods, along with advice on buying, storing, and preparing them.

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