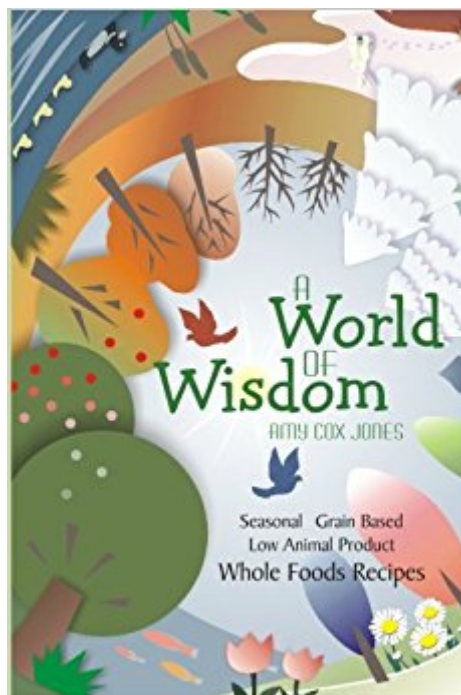




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A World Of Wisdom: Seasonal, Grain-based, Low Animal Product, Whole Foods Recipes



Synopsis

Eating according to what is in season isn't a new idea, but it is one that is being proven to be based on a sound medical, ethical, environmental and scriptural foundation. From basic staples to scrumptious desserts, A World of Wisdom will take you through the seasons and show you how easy it is to follow the Word of Wisdom. 198 pages of seasonal, grain based, low animal products, whole foods recipes organized according to season. Includes a section on many ordinary and unusual grains with easy cooking directions.

Book Information

Paperback: 216 pages

Publisher: Salt of the Earth Press; 2nd edition (August 15, 2007)

Language: English

ISBN-10: 0981694918

ISBN-13: 978-0981694917

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 30 customer reviews

Best Sellers Rank: #655,510 in Books (See Top 100 in Books) #155 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #538 in Books > Cookbooks, Food & Wine > Entertaining & Holidays > Seasonal

Customer Reviews

Amy Jones says she hates to cook, plan or prepare food. She claims to be lazy by nature. In her words, "My family admits to being very picky about food. I am the last person you would guess would write a cook book, but I love my family, the Lord and nutrition. I made a commitment to the Lord that I was going to come up with a way to prepare quick, easy, nutritious meals that my picky family would eat. He led me to write 'A World of Wisdom,' a cook book of seasonal, scripture-based eating."

Ordered this with "Discovering the Word of Wisdom: Surprising Insights From a Whole Food, Plant-based Perspective" and "The Word of Wisdom: Discovering the LDS Code of Health". This is a great companion book, and I plan to try the recipes! Thank you!

I have been trying to find some good recipes with more whole grains, fruits and vegetables and less

meat. I have checked out quite a few books from the library and purchased 3 books. This book is the best book that I have found. It lists the recipes by season and the recipes were just what I was looking for.

Have truly enjoyed all the recipes in this book and feel so good about doing what is right for myself and my family since I, as thier mother, am in charge of thier health and nutrition. Really love this book and am so glad that there are more people out there trying to follow the word of wisdom in it's entirety!

Health and wisdom all rolled into one book. I have used some of the recipes so far and found them delicious. I like a little more spice sometimes. Very well thought out book and I really have enjoyed the quotes.

At first I was a little surprised that this book didn't come with more of an opening but the layout and recipies more than make up for it. Everything is laid out first by season and with each season, by topic (lunch, dinner, dessert, etc). A great book over all!

Some recipes are good but, most contain ingredients I just don't see my family eating. I also wish there were pictures.

I really like the concept of this book. The recipes sound delicious to me, although i worry about my kids' reactions. I've had some difficulty finding some of the ingredients.

All I expected.

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