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*Jill Emich, Jessica Emich, Jennifer Emich*

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# Eat.Drink.Shine: Inspiration from Our Kitchen. Gluten Free and Paleo-Friendly Recipes.

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The 100-plus mouth-watering dishes are organised by the effect that food has on your body: recipes for energy and vitality (Raw Cacao and Avocado Pudding), for a healthy libido (Nourishing Grass-fed Bone Broth), to improve digestion (Beet Hummus with Gluten-free Flat Bread), to maintain desired weight and radiant skin (Squash and Sweet Potato Soup with a Walnut Cilantro Pesto) and to elevate the mood and spirit (Braised Lamb with Arugula Pesto). More than a cookbook, Eat. Drink. Shine. includes nutritionally inspired comfort food, healthy living tips, child-friendly recipes and advice for families living balanced lifestyles.



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