

Internal Bliss Cookbook

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the first cookbook created exclusively for the gaps diet internal bliss is a cookbook designed for individuals and families pursuing the difficult journey towards digestive healing with the gaps principles in mind internal bliss provides recipes that will satisfy all palates

new york times bestselling author beth harbison whips together a witty and charming and delicious story about the secrets we keep the friends we make and the food we cook must love butter the cookbook club is now open to members foodies come join us no diets no skipping dessert margo everson sees the call out for the cookbook club and knows she's found her people recently dumped by her self absorbed husband who frankly isn't much of a loss she has little to show for her marriage but his parting gift a dilapidated old farm house and a collection of well loved cookbooks aja alexander just hopes her new found friends won't notice that that every time she looks at food she gets queasy it's hard hiding a pregnancy especially one she can't bring herself to share with her wealthy boyfriend and his snooty mother trista walker left the cutthroat world of the law behind and decided her fate was to open a restaurant not the most secure choice ever but there she could she indulge her passion for creating delectable meals and make money at the same time the women

bond immediately but it's not all popovers with melted brie and blackberry jam margo's farm house is about to fall down around her ears trista's restaurant needs a makeover and rat removal fast and as for aja just how long can you hide a baby bump anyway in this delightful novel these women form bonds that go beyond a love grilled garlic and soy sauce shrimp because what is more important in life than friendship and food

this publication contains recipes from 35 of arizona's leading chefs from restaurants from around the state it also includes over 250 in restaurant gift certificates

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