



# Comfort Food: Vegan Cooking with Over 70 Gluten Free Recipes

*Jeanne Kennedy Horning*

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# Comfort Food: Vegan Cooking with Over 70 Gluten Free Recipes

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## **Comfort Food: Vegan Cooking with Over 70 Gluten Free Recipes** Jeanne Kennedy Horning

This is a Vegan and Gluten Free cookbook! All the recipes are vegan and over 60 of them are also Gluten Free. All are delicious Comfort Foods that are also nutritious! If you are trying healthy, vegan food for the first time, this is the cookbook for you. Inside you will find easy, detailed instructions for each recipe that will make the preparation as well as the eating an enjoyable experience. This book is a culmination of over thirty years of experimenting to create satisfying food that is not only a joy to eat but also provides important nutrients our bodies need for better health and strength. We truly are made up of the food we eat and drink. May these recipes help you begin, or further your journey of eating your way to a stronger, healthier, happier you!

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