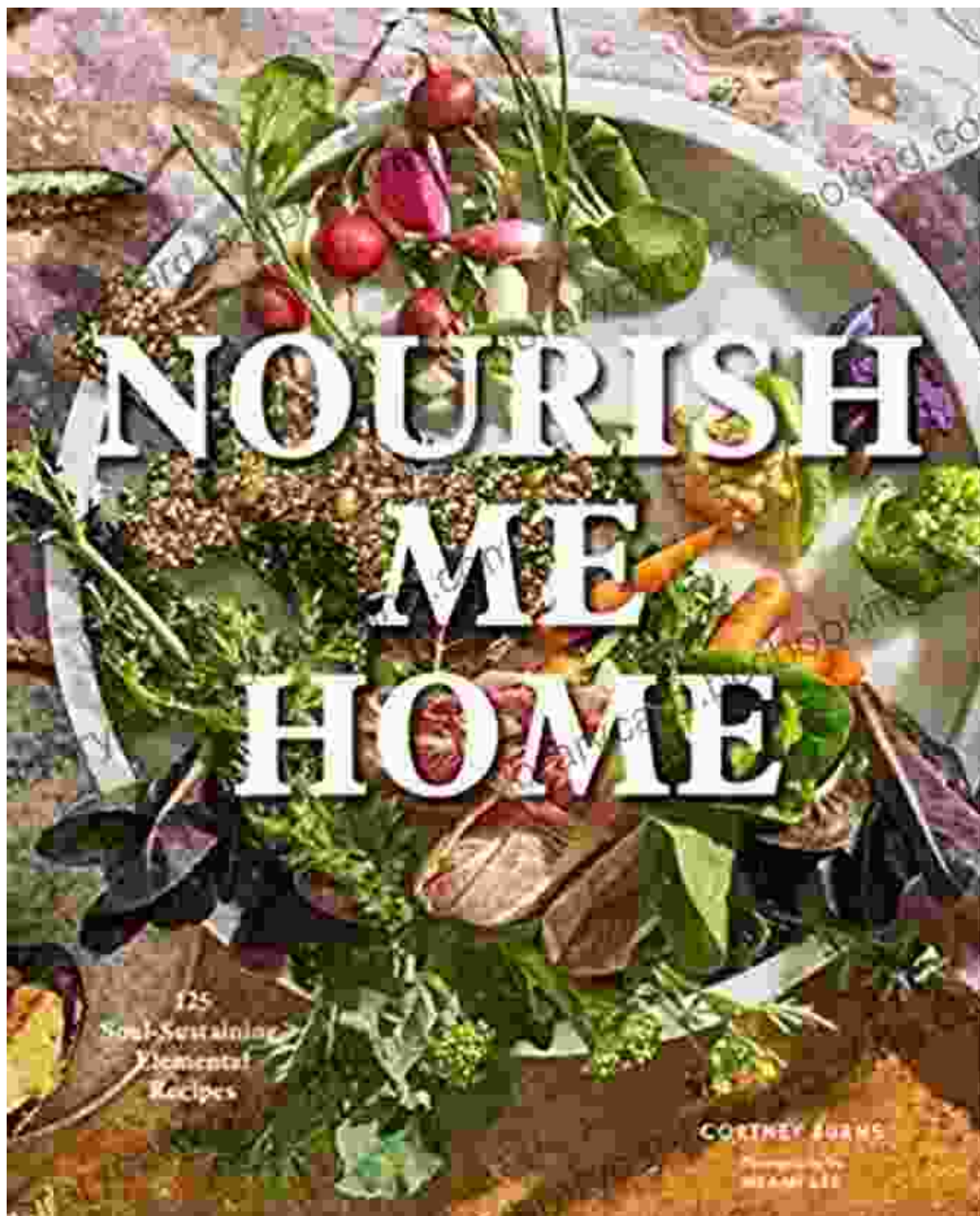
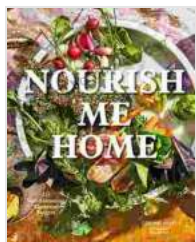


# Nourish Me Home: 125 Soul-Sustaining Elemental Recipes



In her new cookbook, *Nourish Me Home*, Alissa Saenz shares 125 soul-sustaining elemental recipes that are designed to nourish your body and spirit. The recipes are inspired by the five elements of nature—earth, air,

fire, water, and spirit—and each one is designed to nourish a different aspect of your being.



## Nourish Me Home: 125 Soul-Sustaining, Elemental Recipes

by Cortney Burns

★★★★☆ 4.6 out of 5

Language	: English
File size	: 91019 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray for textbooks	: Enabled
Word Wise	: Enabled
Print length	: 751 pages
Lending	: Enabled
Screen Reader	: Supported
X-Ray	: Enabled



Whether you're looking for a hearty meal to warm your soul on a cold night or a light and refreshing snack to cool you down on a hot day, Nourish Me Home has a recipe that will fit the bill. And with its focus on whole, unprocessed ingredients, you can be sure that you're feeding your body the best possible fuel.

### Recipes

- **Earth:** Roasted Root Vegetables with Thyme and Rosemary
- **Air:** Quinoa Salad with Arugula, Goat Cheese, and Pomegranate Seeds
- **Fire:** Spicy Black Bean Soup
- **Water:** Coconut Water Smoothie with Pineapple and Mint

- **Spirit:** Chocolate Avocado Mousse

## Benefits of Nourish Me Home

- Nourishes your body and spirit with whole, unprocessed ingredients
- Provides 125 soul-sustaining elemental recipes inspired by the five elements of nature
- Helps you connect with your true self and find balance in your life
- Makes cooking and eating a joyful and nourishing experience

## About the Author

Alissa Saenz is a certified holistic nutritionist, chef, and yoga teacher. She is the founder of the popular blog Nourish Me Home, where she shares her passion for healthy, whole-foods cooking. Alissa's mission is to help others nourish their bodies and spirits through the power of food.

## Free Download Your Copy Today

Nourish Me Home is available now on Our Book Library and Barnes & Noble. Free Download your copy today and start nourishing your body and spirit with delicious, whole-foods recipes.



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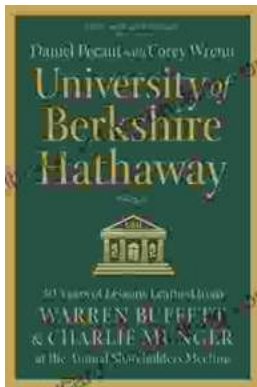
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