



# Comfortably Yum: Food for Body and Spirit

*Luisa M. Perkins*

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**Comfortably Yum: Food for Body and Spirit** Luisa M. Perkins

In a world of drive-thru meals designed to be consumed on the go, home-cooked food is even more an expression of love than it was a generation ago. This collection of 95 tried-and-true, "real food" recipes will delight both cook and eater. Your grandmother would be so proud.

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