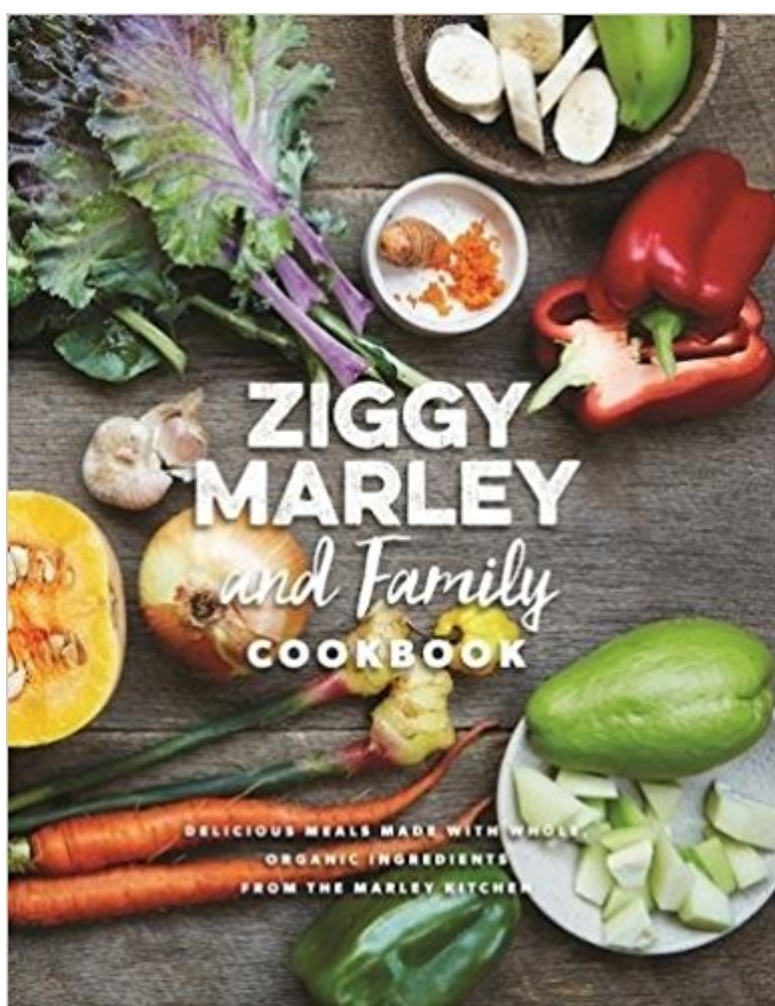


The book was found

Ziggy Marley And Family Cookbook: Delicious Meals Made With Whole, Organic Ingredients From The Marley Kitchen



Synopsis

"[Ziggy's] first collection of recipes pays homage to the flavors of his youth and the food he loves to cook for his wife and five children."--People.com"Ziggy's cookbook is designed to nourish the body, mind, and soul."--Food & Wine"With a health-focused approach, Ziggy Marley reveals memories and food traditions in his new family cookbook."--Ebony"The easy directions will have you heading to the kitchen to try these recipes yourself."--San Francisco Chronicle"Ziggy rolls up his sleeves to produce Vegetarian Hash, dumplings, Jerk Chicken, Tofu in Coconut Curry, Fish Soup, Caribbean Salsa, Hempseed Pesto, Date and Kale Smoothie, Frittata, Mancakes, Mama Carmelita's flan and even offers the best recipe for baking Stout Gingerbread. Simply explained, gluten-free, organic fruits and vegetables combine to make healthy, vegetarian, vegan and non-vegetarian meals."--The New York Beacon

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