



Bobbie's Organic Planet: How to Buy Local and Cook Global

Bobbie Williamson

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Bobbie Williamson combines her years of international cuisine preparation with advice from the Edgar Cayce readings to help you create healthful, delicious meals that you, your family, and your body will love. Bobbie's years of living abroad, in places as diverse as Switzerland and the Middle East, taught her the importance of a diet rich in locally bought, organic, and seasonal foods that are naturally healthy. In her warm and engaging style, she shares simple yet priceless advice on how to stock your pantry, essential ingredients for any kitchen, proper food combinations, and yummy recipes like soulful soups, delightful appetizers, easy and exotic entrées, and show-stopping desserts.

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