



# Eating for the Seasons: Cooking for Health and Happiness

*Janella Purcell*

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**Healthy, delicious, and easy-to-follow recipes designed to maximize the benefits of eating according to the season, with a focus on gluten-free, dairy-free, vegan, and vegetarian options**

Janella Purcell is passionate about good food and feeling great, and she wants to share her knowledge. Drawing inspiration from traditional Chinese medicine as well as the Japanese macrobiotic diet, Janella's recipes encompass what we should be eating in each season and the sorts of foods our bodies need to remain healthy and strong. Just as importantly, Janella's food is simply delicious. The range of beautiful and easy recipes include Snapper and Pea Risotto, Macadamia Pesto, Corn Fritters Topped with Asparagus and Prawns, Thai Pumpkin Soup, and Vegan Chocolate Cheesecake. Dedicated to a core philosophy of food as medicine, this refreshing and entirely delicious approach to food and flavors might just change your outlook, your health, and your life. Includes a conversion chart.

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