

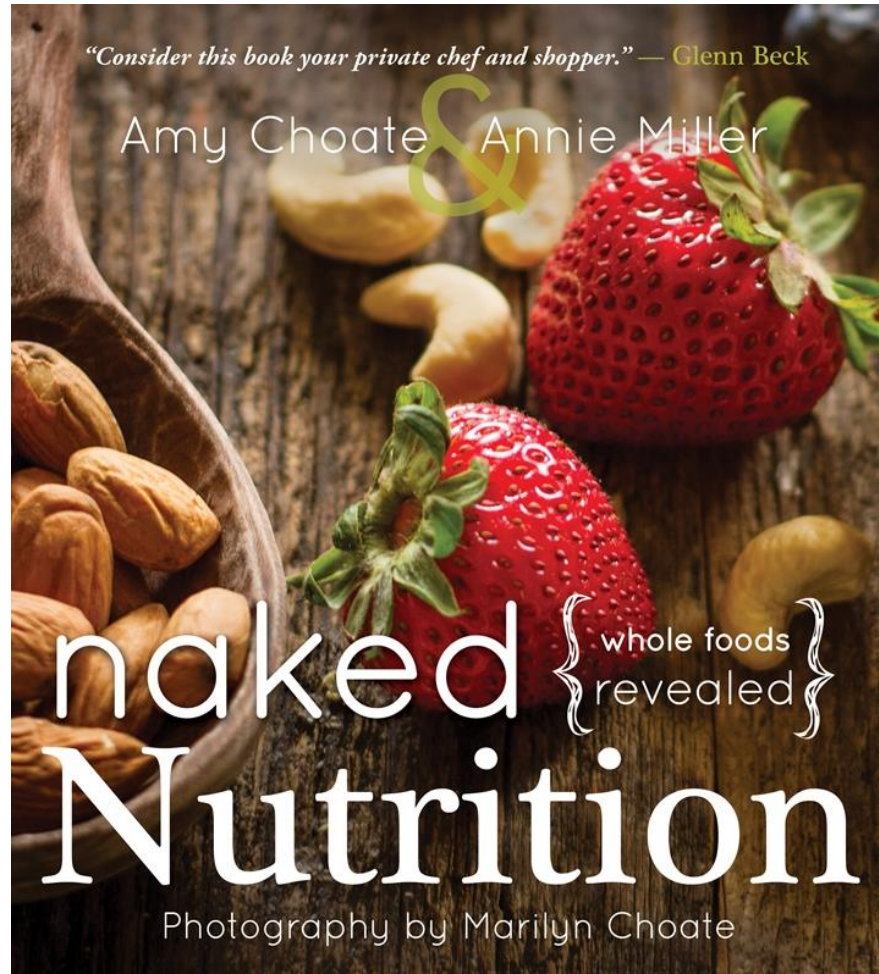
## Naked Nutrition

As members of the staff of the School of Natural Healing we are super excited to offer the Naked Nutrition cookbook by Amy Choate and Annie Miller. This book is truly one of our favorites across the board!

I personally love the feeling of this book. I love how Naked Nutrition feels genuine, refreshing and connected. I feel like I am sitting down with good friends discussing life as I live it, along with real, honestly amazing good food. I have loved every recipe I have tried!

Mishelle loves the great transition ideas, and “Recipes with real ingredients that I already have in my kitchen.”

“The recipes are delicious! I love the Creamed Asparagus Soup and the Butternut Pear soup.” -Jo



“The reason I love this book, is that it came about by personal experience. Naked Nutrition includes simple, wholesome practices and solutions that don’t take a lot of effort. I love the frostings! I like that the recipes are kid friendly with several recipes that my children enjoy, along with many other great recipes that cater to children.” -Kelly

Naked Nutrition includes sections on Pantry Suggestions, Food substitution, Kitchen Equipment, Techniques (which includes sprouting, nut milks, sauerkraut, and more), Beverages, Breakfasts, Salads and Dressings, Breads, Condiments and Sauces, Soups, Light Main Dishes, Hearty Main Dishes, Snacks and Desserts, Home Remedies and Resources and beautiful photos along with Amy and Annie sharing their own personal stories and what led them to optimal health and wellness. Sprinkled throughout the book are little nuggets/tidbits of “Naked Truth” which explain certain nutrients and benefits of certain ingredients.

“Naked Nutrition serves as a tool to aid you in transitioning your food lifestyle to one that nurtures your body, emotions, mind and spirit. When we talk about naked nutrition, we speak of food in its pure form, as God created it: no fillers, no dyes, no additives and no nonsense. Real food is the foundation of life and contains everything we need to thrive. When correctly prepared, wholesome foods are the building blocks necessary for a strong and successful life.” - Annie Miller

This is a staff pick and it will not be carried in our regular inventory. This is a one-time offer that will only last a short time. If you are ready to take the step necessary to start eating a healthy lifestyle this is one we would highly suggest to help you transition and to keep you and those you love eating healthy and feeling great! Naked Nutrition would make a wonderful Christmas gift.

We give this one a glowing review!