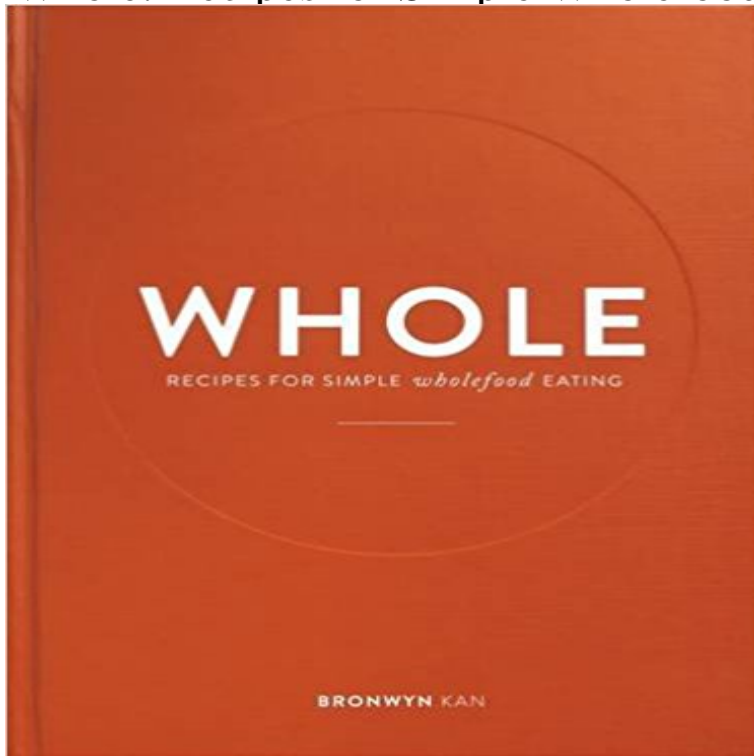


## Whole: Recipes for Simple Wholefood Eating



Featuring recipes from premier wholefood bloggers and entrepreneurs, **WHOLE** is a book born from the demands for better food. Compiled by Bronwyn Kan, **Whole** explores the personal relationship between each contributor and the food they make. Drawing from their collective experience, the healthy wholefoods recipes within are simple to make and are designed to nourish body and mind. When it comes to what we eat, the ever-increasing demand for wholefoods and better options speaks volumes for how much we value good health. **WHOLE** is more than a cookbook. It is a platform to begin a conversation; to educate, to inspire, and to engage the wider community in a discourse about what we eat and the ripple effect that food has throughout all aspects of our lives.

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