



Earth Essence: Wholefood Comfort food

Helmut Taferner

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Craving a little comfort food? Which would you go for—fresh fruit or an ice cream cake? Your taste buds might opt for that freezer-box favorite, even though the preservatives and additives in it are far from comforting. According to author Helmut Taferner, the ready-made treats that have long been marketed as traditional spirit lifters may very well be draining us of our last reserves of energy. That's why he now presents a selection of recipes that are good for the soul, and for the body, too.

Earth Essence: Wholefood Comfort food offers twenty-three mouth-watering recipes with whole foods as their core ingredients. When you enjoy fresh fare that has been grown naturally, has not been processed, and contains no artificial ingredients, you will not only gratify your taste buds, but you may even attain a deeper sense of well-being.

Delight your palate with easy-to-prepare dishes that fuse Western and Asian flavors, including prawn croquettes, pork dumplings, mango and linguini salad, and dessert pumpkin puree. A delectable new take on comfort food, this groundbreaking, satisfying roster of recipes comes together as a wholly good way to savor every bite.

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