

What's Your Potion? - Morwyn



Create over 100 liquid refreshment recipes to enhance good health and uplift your body, mind, and spirit.

Rating: Not Rated Yet
Price
Salesprice with discount

Sales price \$29.99

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Tax amount

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Description

By tapping into her Latin American and European cultural background, the author inspires readers with these charming and easy-to-make beverages. Based on the concept that mindful consumption can help a person attain self-fulfillment and self-realization, emphasis is placed on the enjoyment of smoothies, teas, coffees, cocoas, soups, and sauces. Additionally included are nutritional facts and traditional folklore associated with drink ingredients, as well as details of culinary, medicinal, and folkloric attributes of common fruits and vegetables used. Although theories behind the psychological effects of potions based on folklore, color symbolism, and the four elements of nature—air, fire, water, and earth—are put forth, the reader does not need to subscribe to these theories to take pleasure in producing these wonderfully spirit-lifting recipes. Open your heart to the potion that will nourish your soul!

Reviews

There are yet no reviews for this product.

