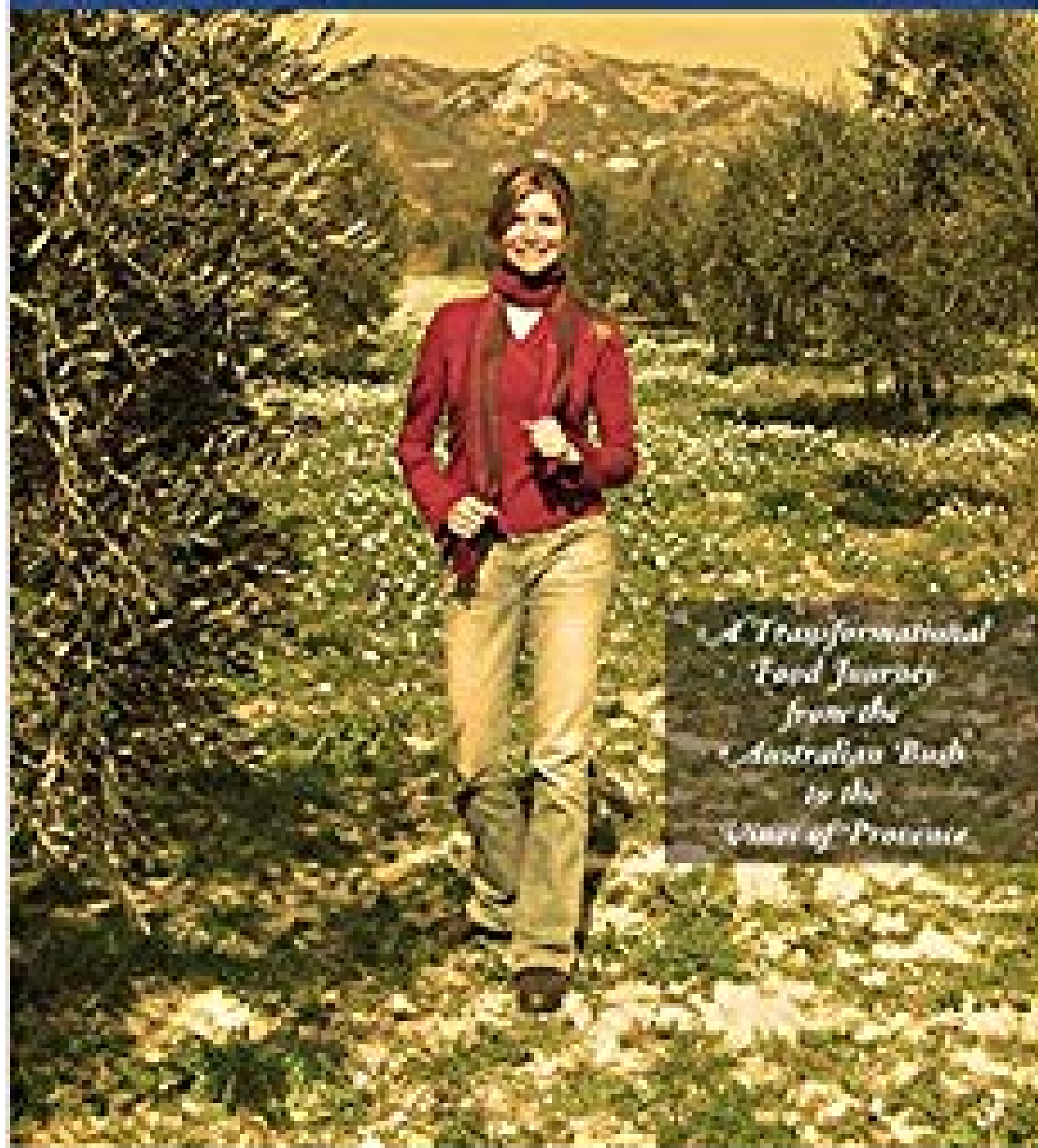


THE ADVENTURE COOKBOOK



*A Transformational
Food Journey
from the
Australian Bush
to the
Land of Promise*

SOPIA BRANDON

Sofia Brandon

The Adventure Cookbook: A Transformational Food Journey from the
Australian Bush to the Vines of Provence



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In her early thirties, Sofia Brandon pushed the eject button, left her business job and started over. At the end of each chapter you will find simple, light, addictive recipes adapted from the spot of Provence, France. As you travel on a shoestring, you will get lost in strange lands, prepare food in fresh kitchens and laugh with the locals. Buckle up, because this will take you through Australia, Asia and the Mediterranean. Sofia invites you on the adventures that gave birth to her fun cooking food style. Over the next six years, she continued a self-finding journey that took her around the world and taught her the art of clean eating.



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A perfect publication for the food-loving traveler I don't often want to provide a book five stars, but that one deserves it. It's a relaxed method of story-telling, with personal photos of the countries visited and wonderful recipes. I spent several happy hours following a author's trip and I possibly could almost taste the food! Life at it is best! Sofia is a charming, life loving traveler, easy to love in this publication. The recipes are great and her travels are grand.. I'd advise all that it's an excellent good read and one to put on your gift list for yourself or others in the arriving holiday season. Five Stars Love this book!Right now to try her Wow! recipe! I've tried some of the recipes and this one noises terrific also.An excellent, upbeat read for all.P. The adventures had been thrilling and dishes enticing. This is an easy read with some great recipes. The stories of travel in so many different countries are very interesting. The candid tales of some of the health issues remind me of some of my own situations and helped me to recognize it was period for me to look at my own diet plan and make a change. I anticipate cooking these unique dishes!! Great book/cookbook.. Sophia Brandon's reserve was both highly entertaining and very instructive. I've tried many of the recipes which are clearly explained and resulted in delicious food. This publication isn't just about food preparation that fills and sustains the body, it is about producing transformative decisions that fill and maintain the soul. We ought to all follow this writer's example for a healthier and more interesting trip through life. Fun, fun, fun with delicious and easy recipes!get this book! I'm ordering this for all my daughters and plan to read it once again myself. jtd A must read What a fabulous, fun and informative adventure! Wander-full!! Loved the book TONS!. I purchased a bunch for Christams gifts. Can't wait to share with friends and family. Good stories. Great quality recipes. The type of travelog you wished were yours, along with recipes and ingredient ideas that make the mouth area water. It awakens the adventurer in every of us and displays us that life differs, but great, in many lesser traveled areas of the globe. Brandon writes in a method that is both simple and elegant. I absolutely adored this book! Sophia's journey all over the world in search of feeding her body and her spirit is certainly incredibly inspiring. Highly recommended! Life Changing First of all, I love this book and We recommended it to all or any my relatives and buddies. Stephens Great stories and cookbook! I in fact acquired an epiphany while reading the publication, lounging on a raft in my pool.. I enjoy cook and I enjoy eat, exactly like any additional Southern girl so when my doctor told me to go on a "caveman's diet" I believed how am I ever likely to quit my "comfort foods" I grew up loving. This reserve opened my eyes to clean, natural, delicious "comfort and ease food." I prepare a lot of the same meals just "cleaner." The just other thing I could say. Some of the places I am so I can attest to her dishes being valid, and some I'm not familiar with, so I can't say, but reading the book is a great adventure for any folks who prefer to travel inside our lives and our reading.. How I envy Sophia and admire her like of life and sense of adventure!!Martha Smith Adventure in Reading Sophia Brandon lives a wonderful life, filled with adventure, and writes well for the benefit of the reader's adventure Great book! Fantastic!-- and lyrical when she describes the landscapes and the people she meets during her adventure. Her prose is easy and concise when she actually is explaining the more technical factors in the cookbook-- the chemistry of cooking, dietary information, etc. I look forward to sharing this remarkable guideline with both friends and family. More than anything you felt like you were tagging along with the author on her behalf great adventure. I was identified as having PCOS 2 yrs ago and have had difficulty losing weight. fun read! The Experience Cookbook is Excellent! I'll keep it near the kitchen to try a few of them..plenty of good sounding recipes.. Great fun This is an extremely fun book to read.



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