



The Macrobiotic Community Cookbook

Andrea Bliss Lerman

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From wholesome breakfasts and hearty breads to flavorful entrees and delicious desserts, the Macrobiotic Community Cookbook includes dozens of recipes for a more nutritious and balanced way of eating. Andrea Bliss-Lerman, an expert chef and macrobiotic cooking teacher, has assembled a collection of original and tasty recipes by leading macrobiotic practitioners. Featuring contributions from natural-foods restaurants and macrobiotic centers across the country as well as many of Andrea Bliss-Lerman's own inventive recipes, this invaluable resource is a true reflection of the macrobiotic community.

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