



More-With-Less Cookbook (World Community Cookbook)

LONGACRE DORIS

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While including no new recipes, this most recent printing is refreshed with a new introduction and detailed statistics including updated nutritional and pricing information for a new generation.

This is a new edition of Herald Press's all-time best-selling cookbook, helping thousands of families establish a climate of joy and concern for others at mealtime.

The late author's introductory chapters have been edited and revised for today's cooks. Statistics and nutritional information have been updated to reflect current American and Canadian eating habits, health issues, and diet guidelines. The new U.S. food chart My Plate was slipped in at the last minute and placed alongside Canada's Food Guide.

But the message has changed little from the one that Doris Janzen Longacre promoted in 1976, when the first edition of this cookbook was released. In many ways she was ahead of her time in advocating for people to eat more whole grains and more vegetables and fruits, with less meat, saturated fat, and sugars.

This book is part of the World Community Cookbook series that is published in cooperation with Mennonite Central Committee, a worldwide ministry of relief, development, and peace.

Mennonites are widely recognized as good cooks. But Mennonites are also a people who care about the world's hungry.

—Doris Janzen Longacre

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Gary Spengler:

The actual book More-With-Less Cookbook (World Community Cookbook) will bring that you the new experience of reading a new book. The author style to spell out the idea is very unique. Should you try to find new book to study, this book very suitable to you. The book More-With-Less Cookbook (World Community Cookbook) is much recommended to you to read. You can also get the e-book in the official web site, so you can quicker to read the book.

Michele Fernandez:

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