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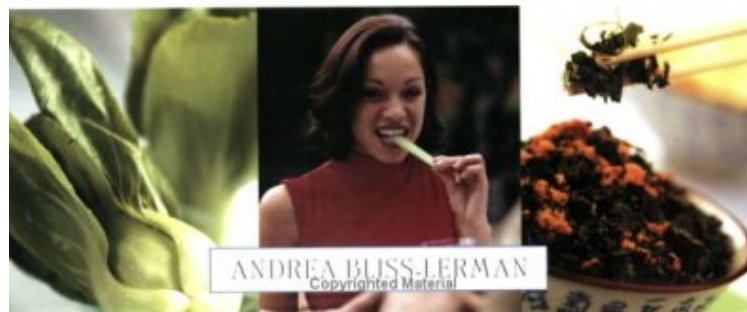
Andrea Bliss Lerman

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# MACROBIOTIC COMMUNITY COOKBOOK

More than 150 recipes from notable cooks in the macrobiotic community



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**Andrea Bliss Lerman : The Macrobiotic Community Cookbook: More Than 150 Recipes from Notable Cooks in the Macrobiotic Community** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Macrobiotic Community Cookbook: More Than 150 Recipes from Notable Cooks in the Macrobiotic Community:

5 of 5 people found the following review helpful. oh la laBy ranggedidA great and inventive way of looking at macrobiotics. Really exciting recipes that dont take 5 million hours.1 of 3 people found the following review helpful. macrobiotic community cookbookBy violetaI don't find the recipes very appetizing and there is no pictures to see how the meals look. There are heaps of ingredients I never heard about.2 of 7 people found the following review helpful. Healthy should not be this difficultBy angI ordered this cookbook based on the reviews and have also done research

on what macrobiotics is. Turns out I already knew what it was, had tried eating that way only to quit because eating healthy is too expensive. I took a website's advice and ordered several different cookbooks so I could get new ideas. The majority of ingredients listed in this book are hard to find. The closest whole foods store to me is over 50 miles away. For example - a lasagna recipe called for mochi, tofu, and umeboshi plums. Come on, seriously? I am Italian and know how to make a healthy lasagna without those ingredients and ingredients that are easy to find. I will give her credit for one thing, she tells you in the back of the book exactly what every ingredient is. Other than that, being healthy and eating healthy shouldn't be this difficult.

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.

**About the Author** Andrea Bliss-Lerman has been involved in the field of natural foods cookery for more than three decades.