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## Food for Lent and Easter

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By Christina Rees

Darton, Longman & Todd Ltd. Paperback. Book Condition: new. BRAND NEW, Food for Lent and Easter, Christina Rees, As Lent approaches you may be wondering how best to mark it. Lent is traditionally a period of abstinence, so should you deny yourself little luxuries such as chocolate or alcohol? Or should you do something positive and, if so, what? How best can you nourish your body and soul through this special period in the year? In this new and original book, Christina Rees takes us on a spiritual and culinary exploration of the Christian traditions around fasting and feasting in Lent and Easter. Christina examines the significance of our daily meals and includes recipes for quick but satisfying breakfasts, lunches and dinners through the forty days of Lent, as well ideas for an Easter feast to savour, rich in symbolism and style. Full of spiritual wisdom as well as inspiring ideas for down to earth living, Feast + Fast offers simple and delicious nourishment to sustain you on your Lenten journey.



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