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## Fast Delicious Comfort Food Recipes Bw (Paperback)

By Anita Miranda

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Samantha Leiter (illustrator). Large Print. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. During my pre-teen years, I found myself having to fend for my brothers and myself when they were living with us. My mom was in the hospital getting her medications stabilized, or she was home, living like a zombie. I learned how to grocery shop before my 8th birthday and how to prepare easy meals. These are my favorite recipes. They are quick, and you should have the ingredients in the cupboard - always buy the staples. These recipes will never make it in the Good Housekeeping magazine or the Eat Healthy for Your Heart books, but they were satisfying, yet comforting to me during the lean years. What I mean by comfort is not to make me feel better, but to make me feel full with flavor. That is my interpretation of comfort food. Chef Nana Knows PTSD offers a quick and delicious comfort food with a helping hand. To those who suffer from PTSD and who love us, I dedicate my favorite recipes. Take something old and make it something delicious.


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