



# The Bee Well Cookbook: Nourishing Foods For Sensitive People

*Katie Whitmarsh*

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## **The Bee Well Cookbook: Nourishing Foods For Sensitive People** Katie Whitmarsh

The Bee Well Cookbook contains simple and easy recipes for those seeking health and wellness in their lives. These recipes work well for those with sensitive digestive systems because they are gluten-free, sugar-free and are low in dairy, cereal grains, soy, nightshade vegetables and citrus. They were also created for optimal digestibility by incorporating food preparation techniques developed by our ancestors, such as soaking grains, beans, nuts and seeds and slow-cooked meat and poultry broths.

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