



And Here We Are At The Table: Grain-free meals from around the world

Ariana Mullins

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We eat for so much more than mere sustenance. The full experience of a great meal can take us away, create community and nourish our souls.

And Here We Are At The Table is about so much more than recipes. Part memoir, part travelogue, and full of vibrant recipes from around the world, it is all about good food and the experience of a welcoming, abundant table.

In this cookbook you will find:

- Over 75 recipes full of beautiful photographs
- Clear and detailed instructions that anyone can follow, regardless of experience
- Breakfast, Dinner, Sides, Salads, Sauces, Desserts and Drinks
- Basics that will empower you to make your own versions of grain-free meals
- Tips for going grain-free, including shopping and menu planning
- Vibrant flavors from all over the world

This is a book all about wonderful food that just *happens* to be grain-free- it's for everyone.



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