



Debra Peek-Haynes' Healing Kitchen: The Beginners Guide to Healthy Living

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Debra Peek-Haynes' Healing Kitchen: The Beginners Guide to Healthy Living Debra Peek-Haynes With the soaring rates of chronic diseases within the western culture that include high cholesterol, diabetes, heart disease and obesity, Debra Peek-Haynes has created a comprehensive collection of meals with a healthier twist on traditional southern-comfort foods. Debra has mastered preparation of rich culinary traditions, such as collard greens which are a rich source of vitamins and minerals that feed your mind, body and spirit, to the savory taste of sweet potatoes that are that are rich in Vitamin A and beta carotene for eyesight. These tantalizing recipes not only delight your taste buds but meet daily nutritional guidelines that keep you healthy and fit. Debra's complete dedication to healthier living includes proper preparation of some our classic all time favorites for total indulgence. In this Beginner's Guide, she shares a wealth of nutritional tips and insight that lead you on the most effective path to conscientious living by 1.) Renewing our mindset with a fresh and necessary perspective on healthy eating, 2.) Equipping us with savory recipes that maximize flavor and nutrition and 3.) Highlighting the importance of selecting the right herbs and spices for everyday cooking.

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