



Bowls of Love: Paleo Soups for the Seasons

Ali Rakowski

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Bowls of Love: Paleo Soups for the Seasons is a soul-warming cookbook full of 49 seasonal Paleo soup recipes. All recipes are free of gluten, grains, dairy, and refined sugar. The soups are all featured with full-page photos in beautifully unique bowls that author Ali Rakowski collected from all of her closest loved ones from around the world. *Bowls of Love* highlights Ali's philosophy that cooking is the most pure and simple way to share love and invest in the health of yourself and your loved ones. There is no easier or better way to nourish the people in your life than by feeding them a healthy, beautiful, and delicious meal. Food is a celebration, a promotion of good health, a gesture of appreciation and generosity, and a gateway to conversation. All relationships are built and sustained through communication, and sharing a simple, healthy meal every day with the ones you love is the perfect catalyst.

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