



ABUNDANCE will be sold at the International Food Festival, Sept. 16-17, 2016!!!

ABUNDANCE – Mediterranean Cuisine is a 416 page hardcover compendium of the following, rarely found in a single publication:

- *170 delicious recipes accompanied by introductions, photos, nutritional facts, recipe symbols (gluten-free, nut-free, vegan, and quick), and healthy tips*
- *Concise definitions of a “healthy meal”, and the benefits of a Mediterranean diet*
- *Comprehensive glossaries of food terms, herbs and spices and cooking techniques*
- *Mediterranean-theme based illustrations, art work and photography*

Twenty percent (20%) of sales go to St. Philips, with the remaining to the American University of Beirut (in Lebanon) student scholarships.

\$45 per book all inclusive

Also available at AMAZON.com. Questions? Contact Asma Ghannam (610) 329 5163