



Messianic Fine Food: for healthy living

Caroline Gilmore, Girl Geo

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True Messianic Fine Food is a recipe book, a cook book made up of healthy foods used by many believers serving food for Shabbat Services and Daily Healthy Living. Recipes include Vegan and Gluten Free entries, along with a few Kosher meat favorites. Traditional Jewish and Hebrew recipes are found throughout. Written by Worship Composer, Messianic Fine Artist and Lover of Yahshua, Caroline Gilmore has put all her well known recipes into one manual available to all.

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