

The Simplicity Kitchen

Publisher's Note

Jenn Pike does it again in *The Simplicity Kitchen*; you can almost feel what it's like to be in her kitchen. Better yet, she shares her abundance of knowledge and passion for healthy eating with so much fun and confidence; you can't wait to get into your own kitchen and start cooking and creating yourself!

The Simplicity Kitchen is a truly practical, hands-on, down-to-earth tutorial that you will want to go to for inspiration and motivation time and again. The tips sprinkled generously throughout help you with everything from meal-prepping and food combining to recipe variations and even making your own body care. The vibrant full-colour images leap from each page to keep you curious and engaged! In fact, before you know it, your family will be perusing its beautiful pages with you.

Jenn pours her heart and soul into everything she does and, yes, it couldn't be more evident in *The Simplicity Kitchen*. It is sure to become a family favourite to pass on to future generations.

As always, I C Publishing is thrilled to partner with Jenn to bring her amazing work to life.

Sheri Andrunyk
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