

About Kimberly Harris

Kimberly is first and foremost a mother and wife who fits eating healthy food into a busy schedule - just like everyone else. Ladled was written with real people's schedules in mind. Some recipes, like the pho soups take more time and forethought, while others are simple, using traditional, real food ingredients.

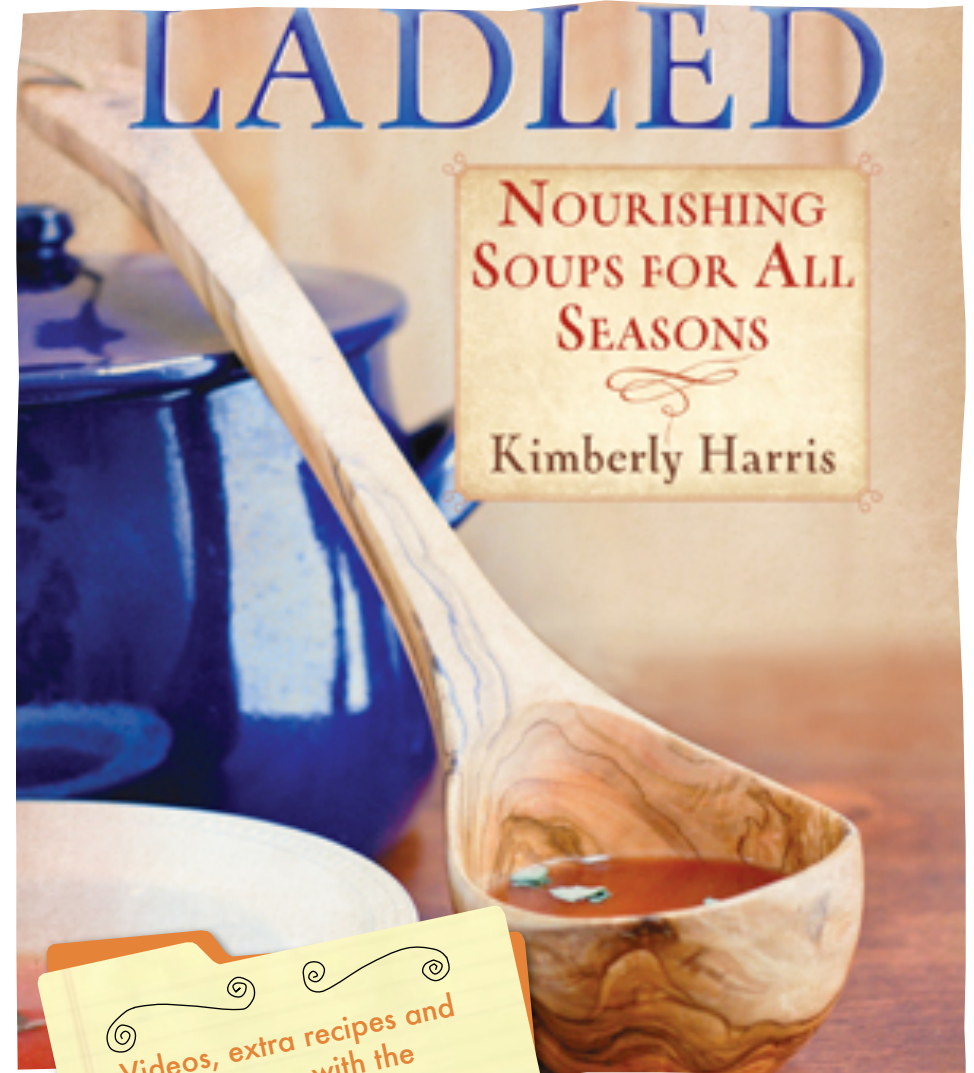


She believes that traditional, real food recipes shouldn't have to be expensive, but affordable and attainable for the majority of people. Both of her books, *Fresh: Nourishing Salads for All Seasons*, and *Ladled: Nourishing Soups for All Seasons*, seek to keep the majority of recipes affordable, simple, and accessible.

She created the soup workshop to give extra information and recipes, and also to demonstrate soups that many weren't familiar with through the use of cooking videos.

The Nourishing Gourmet

Soup Workshop



Ladled: Nourishing Soups for All Seasons is available on Amazon.com, Barnes and Noble, and at other major bookstores.

Find:
Kimberly Harris at Mnn.com
and
TheNourishingGourmet.com

Videos, extra recipes and info to go with the cookbook, *Ladled*.

What to expect

Download right away the mini muffin ebook and learn how to make gluten-free muffins. Watch the chicken pho videos and then make it yourself in your own kitchen! Look for more lessons in the upcoming weeks.



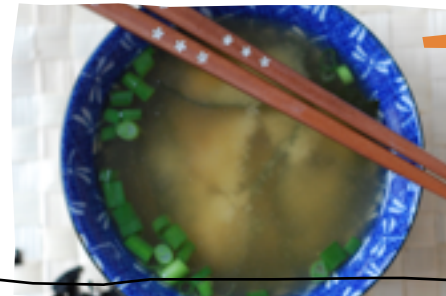
Mini Muffin E-Book

Learn how to make gluten-free, "soaked" grain muffins (with egg-free options).



Pho Soup

Learn how to make Chicken or Beef Pho soup with step-by-step instructions via videos.



Miso Soup

Learn how simple making miso soup is!



Your login information

Web Address thenourishinggourmet.com/soupclass

Username

Password



Explore the beautiful flavors of soup this Winter!

