

**NEO SOUL: TAKING SOUL FOOD TO A WHOLE NUTHA
LEVEL**

Allen Julia Hally

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From the grandson of Harlem's queen of soul food, Sylvia Woods, comes a revolution in cooking down-home foods that taste as good as you remember but with.

More than one hundred taste-tempting soul-food recipes. From the grandson of Harlem's queen of soul food, Sylvia Woods, comes a new take.

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I was worried when just glancing through I found a number of recipes starting with two sticks of butter; even Paula Deen only calls for one and she doesn't claim to be making healthy food. She's been trying to find ways to lighten up her down-home cooking and I thought this was right up her alley. Even after the confusion, my friend still liked the book. Lyndey Williams is a remarkable person who has come a long way. We paged through Shopbop Designer Fashion Brands. Obviously, I have a love-hate relationship with this book! One person found this helpful 2 people found this helpful. Please verify that you are not a robot. The calorie count would seem appropriate. features of WorldCat will not be available. Comixology Thousands of Digital Comics.