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The Adventure Cookbook: A Transformational Food Journey from the Australian Bush to the Vines of Provence

Sofia Brandon

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In her early thirties, Sofia Brandon pushed the eject button, left her business career and started over. Over the next six years, she went on a self-finding journey that took her around the world and taught her the art of clean eating. Sofia invites you on the adventures that gave birth to her fun cooking style. Buckle up, because this will take you through Australia, Asia and the Mediterranean. As you travel on a shoestring, you will get lost in strange lands, prepare food in new kitchens and laugh with the locals. At the end of each chapter you will find simple, light, addictive recipes adapted from the region of Provence, France.