



Kwanzaa: An African American Celebration Of Culture And Cooking

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Kwanzaa: An African-American Celebration of Culture and Cooking is the only complete guide to the history and foods of Kwanzaa. In this beautiful yet practical book, there are recipes for more than 125 treasured dishes from people of African descent living all over the world. Adorned with biographies of distinguished African Americans, proverbs, and folk tales that illustrate the seven principles of Kwanzaa (*Nguzo Saba*), *Kwanzaa* embodies the very spirit of the holiday itself: a culinary celebration and a testimony to the accomplishments and spirit of African Americans throughout history.

This is more than just a book for a holiday. It is a cookbook and a source of inspiration to be used all year long.

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