



# Feast + Fast: Food for Advent and Christmas (Feast & Fast)

*Christina Rees*

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## **Feast + Fast: Food for Advent and Christmas (Feast & Fast)** Christina Rees

Christmas is one of our best loved festivals. At the darkest time of year, we need the focus of a winter celebration to lift our spirits, and the food that goes along with it plays an enormous part. But Christmas isn't just about mad shopping, turkey and all the trimmings, over-indulgence and indigestion. The season of Advent is an important time of preparation as we put our minds towards the miraculous events that brought Jesus into the world. In this, Christina Rees's second collection of writings and recipes following the Christian festivals, she explores the wonderful season of Advent and Christmas. With spiritual wisdom and recipes to guide you through the festive season, she will help you keep your spiritual sanity while you turn out fantastic meals for family and friends to enjoy. A rich and festive offering, perfect for anyone seeking the real meaning of Christmas

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