



Eat Drink Shine: Inspiration from Our Kitchen: Gluten-free and Paleo-friendly Recipes by the Blissful Sisters

Jennifer Emich, Jessica Emich, Jill Emich

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Triplets Jennifer, Jessica, and Jill Emich live in Boulder, Colorado and run the popular Shine restaurant. Their debut cookbook reflects their eating philosophy that food is the centerpiece of our lives, used in times of celebration and healing, bringing together family and friends. They have made food their life passion and feature 100% gluten-free, paleo-inspired, and whole foods based recipes in their cookbook.

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