

Discover the Heart and Soul of Gullah Cuisine with Ivah Robinson's Upcoming Book "MMM!! Gullah from the Heart"

Charleston, South Carolina Aug 6, 2024 ([IssueWire.com](https://www.IssueWire.com)) - Ivah Robinson is thrilled to announce the upcoming release of her new book, "MMM!! Gullah from the Heart," a heartfelt collection of recipes that celebrate the rich culinary heritage of the Gullah people. Slated for release soon, this book promises to take readers on a delightful journey through the flavors and traditions that have nourished generations.

Raised between Charleston and Rantowls, South Carolina, now known as Hollywood, S.C., Ivah shares her cherished memories and recipes that have been passed down through her family. From playing with her siblings Kelvin, Robin, Barry, Inga, and Kenton to preparing imaginative meals with her favorite Mr. Tea Pot Set, Ivah's childhood was filled with love, laughter, and the delicious aromas of Gullah cooking.

"MMM!! Gullah from the Heart" is not just a cookbook; it's a tribute to the simple, wholesome, and veggie-friendly dishes that have sustained the Gullah community. Each recipe is a testament to the resilience and creativity of a culture that has thrived despite numerous challenges. Ivah's engaging storytelling and vivid descriptions bring to life the vibrant world of her youth, where collard greens, neck bones, pigtails, and grits were the ingredients of joy and togetherness.

Prepare to be enchanted by the unique and flavorful recipes that are both nutritious and deeply rooted in tradition. Whether you're a seasoned cook or new to the kitchen, "MMM!! Gullah from the Heart" will inspire you to explore the rich culinary landscape of Gullah cuisine.

For more information, interviews, or review copies, send an email to gullahfromtheheart@gmail.com.

Stay tuned for the official release date and get ready to savor the tastes of Gullah from the heart! Subscribe to get the latest updates at gullahfromtheheart.com.

Media Contact

Ivah Robinson

gullahfromtheheart@gmail.com

Source : Gullahfromtheheart

[See on IssueWire](https://www.IssueWire.com)