



Southern Smiles

Cooking with Tracy Henson-McBee

A Cowboy's Wife.
A Mom.
A Dentist.



“Spurs and Smiles” will become one of your best friends in the kitchen. Tracy Henson-McBee has put together a collection of recipes that are tasty and well-liked, proven to be very helpful to a busy wife, mother, and professional. These are not recipes that will require hours of preparation and years of expertise. This is food that you can prepare and your family will love. As an added bonus, Tracy has adapted many of the recipes to make them healthier, without sacrificing taste.



Whether you are looking for a quick snack for the family as you sit down to watch television or a delicious meal for a large gathering, you will find it in “Spurs and Smiles.” This is the kind of food your family and friends will love to eat and you will enjoy preparing. Once you open the pages of this book, your next step will be toward the kitchen.

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