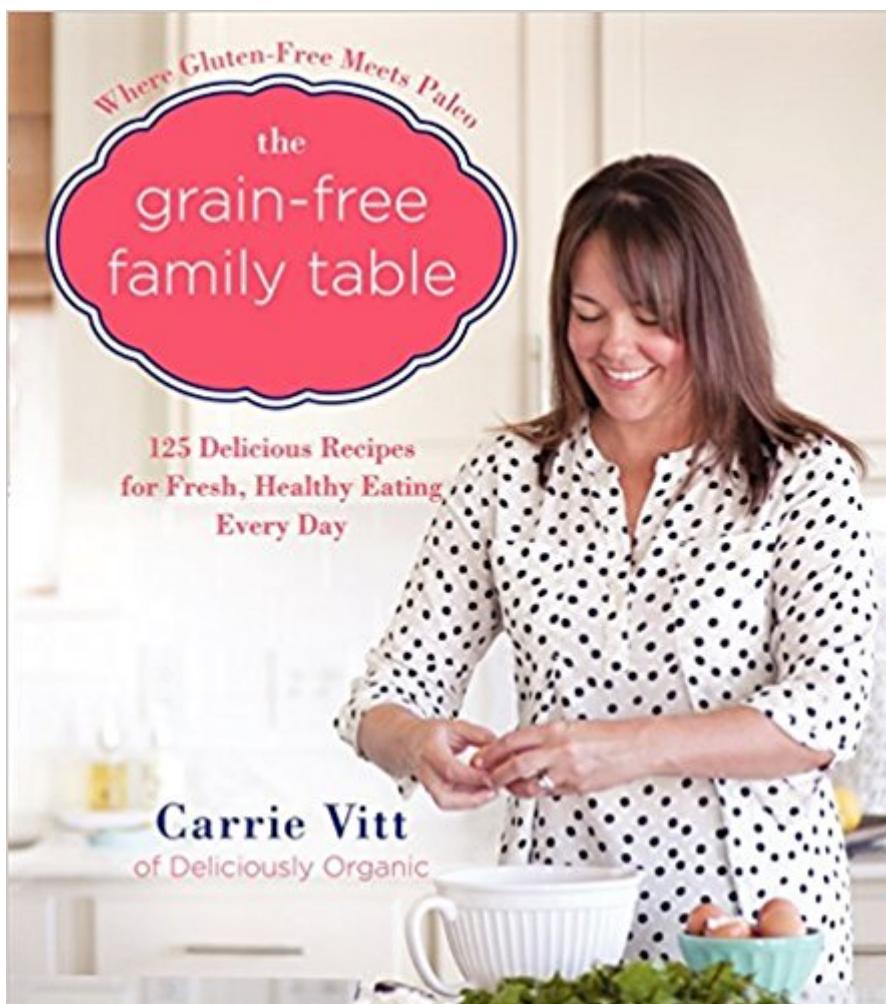


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# The Grain-Free Family Table: 125 Delicious Recipes For Fresh, Healthy Eating Every Day



## Synopsis

Paleo-friendly meets family-friendly in this beautiful, full-color how-to guide and cookbook that teaches readers how to cut all grains out of their diets without giving up flavorful, delicious food. When Carrie Vitt was diagnosed with an autoimmune disorder, she was put on an elimination diet to cleanse her system that forbid gluten and grains. Failing to find recipes that followed her strict diet guidelines and still were delicious, she began experimenting in her own kitchen. Her organic, grain-free creations not only satisfied her own palate, but pleased friends and family as well. While she eventually reversed her thyroid disease, she continues to champion eating grain free. In this beautiful full-color cookbook, she provides delicious dishes for a workable organic, grain-free lifestyle. Included are a diverse range of recipes for everything from pie crust and homemade nut butter to Pork Carnitas Breakfast Crepe Tacos and Grain-Free Biscuits, Avocado with Mango-Shrimp Salsa, Roasted Garlic Alfredo with Chicken and Vegetables, and Cauliflower Fried Rice. Here, too, are kid-friendly recipes such as Squash Macaroni and Cheese, Slice-and-Bake Cookies, and a Classic Birthday Cake with Buttercream Frosting. In addition to sources for healthy ingredients, time-saving ideas, health tips, and 125 easy grain-free recipes, there are also simple dairy-free and Paleo adaptations for each recipe (it's as simple as choosing coconut oil in place of butter!). Written in Carrie's warm, inviting style, this helpful sourcebook is the perfect entrée to a healthy, nourishing diet that brings grain-free eating into the mainstream.

## Book Information

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## Customer Reviews

“Vitt shares more of her inspirational story, intimate portrait of her family and solid recipes you can see by the beautiful photos that it would be hard to find a healthier, happier looking family than hers.” (Chicago Daily Herald) “In The Grain-Free Family Table, Vitt explains the benefits of grain-free eating, and how modifying and experimenting with the foods in our diets can vastly improve our health, without sacrificing satisfying taste.” (Prevention) “With recipes targeting all members of the family, including grain-free versions of kid favorites such as chicken nuggets and grilled cheese sandwiches, Carrie offers us the keys to her powerful healing protocol in the form of her satisfying recipes that make special diets delicious.” (Drfranklipman.com)

Go grain-free—it’s gluten-free that’s paleo-friendly! When Carrie Vitt was diagnosed with an autoimmune disease, she was able to reverse it after being put on an elimination diet that cut out gluten and grains. Failing to find recipes that followed her strict diet guidelines but didn’t sacrifice flavor and variety, she began experimenting at home, creating grain-free meals and snacks that not only satisfied her own palate but pleased friends and family as well—including her two young daughters. In this beautiful full-color cookbook, Carrie provides delicious, family-friendly recipes for a workable unprocessed, grain-free lifestyle. Included is a diverse range of recipes for everything from piecrust and homemade nut butter to Pork Carnitas Breakfast Crepe Tacos and Grain-Free Biscuits, Avocado with Mango-Shrimp Salsa, Roasted Garlic Cauliflower Alfredo with Chicken and Vegetables, and Cauliflower Fried Rice. Here, too, are kid-friendly recipes such as Kids’ Squash and Cheese, Cut-Out or Slice-and-Bake Cookies, and Classic Yellow Cake with Buttercream Frosting. In addition to sources for healthy ingredients, time-saving ideas, health tips, and 125 easy grain-free recipes, Carrie offers simple variations on every recipe to make each follow more restrictive paleo and primal guidelines (it can be as simple as using coconut oil instead of butter!). Written in Carrie’s warm, inviting style, this helpful sourcebook is the perfect entrée to a healthy, nourishing diet that brings grain-free eating into the mainstream.

I wanted to like this book, I really did. Although there were some recipes I found interesting because of the way she combined flours, for the most part this book just seems like a lot of fillers. Roasting red onions in the oven with sea salt, throwing some raisins on top of kale to make a salad, tossing arugula in lemon juice, or topping leafy greens with bacon and onions - I would say the book is half

and half - half recipes that are actually helpful and half that I don't consider recipes at all .

This beautiful book grabbed my attention immediately, as it is loaded with images and made me want to eat the food right off of the page!!! However, as I started at page one, I quickly realized that this book is so much more than simply gorgeous photos. It is Carrie sharing her heart, passion, and uphill journey. I felt welcomed into her life and appreciated her desire to enable others. She brings hope and encouragement! In comparison to her health challenges, my feel very minor. Yet, this book seems to meet everyone where they are. She shares what her path to healing has looked like and then teaches about pantry items, cooking equipment, how to adapt recipes, and how to eat out. She also includes recipes, such as Grain-Free Baking Powder, Chicken Stock, Bacon Mayonnaise, Grain-Free Pie Crust, Nut Milk, and Homemade Ketchup, that will take me back to some key cooking foundations and will also enable me to go beyond simply following her recipes! With each category intro and recipe, Carrie continues to teach and give suggestions. I have been a part of the Grain-Free/Paleo/Non-Processed world for a while, yet, I have already gleaned new nuggets from her cookbook that I did not previously know. She gives clear step-by-step directions that are effortless to follow, include nutrient dense foods, and come with the Paleo/Dairy-Free adaptation, which I really appreciate! Some of the recipes that I have already prepared from the book are: Coconut/Berry/Spinach Smoothie, Grain Free Stuffing, Cauliflower Fried Rice, Creamy Chicken/Vegetable/Tomato Soup, and Bacon-Wrapped Meat Loaf. Each one is a regular in my meal plan options and is well loved by those that get to share! Some of the recipes I can't wait to try are: Cinnamon Rolls, No-Sugar Added Margarita, Garlicky Bone Marrow, Sausage Cheese Balls, Sautéed Bell Peppers with Chimichurri Sauce, Zucchini Fritters, Creamy Chicken and Mushroom Pot Pie, and Frozen Key Lime Pie. As a whole, The Grain-Free Family Table delivers what it says it will deliver and it actually blows it out of the water! It is user friendly, realistic in regular application, and offers hope to heal! And even though I am one that likes a clutter-free kitchen, this cookbook will be a kitchen counter dweller for quite some time! Thanks so much, Carrie Vitt!! Wonderful, wonderful job!!

When I came across Carrie Vitt's website, Deliciously Organic, the first week we were on our grain-free diet it was a life saver. So I was thrilled to get my hands on her new cookbook. First and foremost, my favorite part is the beginning of the book. In the cookbook she goes into specifics about what led to her thyroid disease, her symptoms that left her house bound for months on end

with no hope in site, her final diagnosis and her path to healing. As we work our way towards a total healing for our son, it has been such an encouragement to read her story and know we are on the right path to accomplish that. Living grain-free is a big jump for most of us and when we first started this journey at the end of September I was overwhelmed and not sure what was left to cook with or how to convert a traditional recipe into a grain-free dish. I am so glad I have this cookbook now, all in one place I can find all the grains to avoid and sneaky places they add it. At a glance I can see the types of flours that are healthy to cook with and why fats aren't all bad. I learned that lard is actually a good thing. Yes you read that right, lard has gotten a lot of unjustified bad press all these years. Lookout, it's staging a comeback folks. Other things you'll find are helpful tips on kitchen equipment, how to get your kiddos to embrace grain-free, and a super helpful conversion chart for converting your old favorite recipes. As I flipped through the book, I couldn't believe how delicious everything looks. I cannot wait to try each of these recipes. I'm especially excited that the holidays are coming up giving me plenty of chances to try out all the desserts. I have two small children and they both asked for seconds when I made the Creamy Chicken and Mushroom Pot Pies and the Cauliflower Fried Rice. Instant hits! I would highly recommend this cookbook if you live a grain-free lifestyle or even if you don't. Your stomach will thank you!

This cookbook is absolutely beautiful and mouth watering with the turn of each page! I've been following Carrie's blog for the last few years and her recipes do not disappoint! She has a wealth of information on healing autoimmune disease through nutrition and that I am thankful for. I've had Rheumatoid Arthritis for about the last 10 years and it wasn't until following a grain free eating plan that I could notice a difference in the way my joints felt. I always trust that her recipes will turn out well and I am eager to try more in this cookbook for my family.

I've followed Carrie at Deliciously Organic for several years now, and every one of her recipes that I've tried has been delicious and satisfying. Many of these have become our all-time favorites. This cookbook is a perfect complement to my collection of healthy cooking references. I don't have to eat grain-free, but these wonderful recipes should make it easy for anyone who wants to. Her story of why she changed to a grain-free lifestyle is proof that food is healing, but she never comes across as preachy and she doesn't promote her way of eating as the ONLY way. She simply offers good food that doesn't depend on grains. This cookbook is a shining star for anyone who wants to incorporate more whole foods for good health without sacrificing flavor. I'd recommend this to anyone!

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