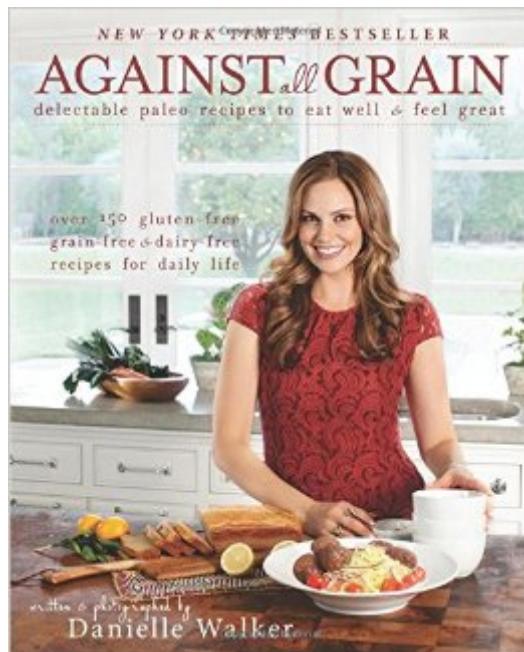


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# Against All Grain: Delectable Paleo Recipes To Eat Well & Feel Great



## Synopsis

Having battled an autoimmune disease the modern-medicine way for many years, Danielle Walker took matters into her own hands and set out to regain her health through the medicine of food. After four years of turning her kitchen into a laboratory for revamping her culinary point of view, Danielle mastered the art of grain-free, dairy-free and gluten-free cooking--and improved her well-being, eliminating all her ailments. A self-trained chef, Danielle is the new face of grain-free and gluten-free cooking, tempting foodies of all stripes with her innovative, accessible recipes for delicious, vibrant Paleo food. Paying homage to the dishes she loved from her pre-Paleo life, she has ingeniously recreated all of her favorites without grains, gluten or dairy in her first-ever cookbook. Coupling her delightful recipes with elegant photography, Danielle takes you on a multicourse Paleo and gluten-free culinary journey from appetizers to dessert. Because Danielle knows that she's not the only one with a finicky toddler at the dinner table, she has included a special children's section with amusing dishes that will bring joy to any child and also pass any mom's test for wholesome ingredients. Omitting grains, gluten, dairy, and refined sugar doesn't correlate with omitting taste in these recipes. Easy-to-follow instructions are complemented by mouthwatering photos that seem to burst off the page with flavor. Danielle's recipes are sure to leave you feeling satisfied and exhilarated, rather than deprived.

## Book Information

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## Customer Reviews

I've been trying Paleo/grain-free cookbooks since I first discovered this healthy way of eating earlier this year. . .and I've kissed a lot of frogs. One sold here on Satisfying Eats: Grain Free, Sugar Free

& Hunger Free Cookbook has a strange warm-and-fuzzy cult following and an undeserved rating (from her groupies, I think) that I fell for. First I bought the Kindle edition (for my iPad) that was so full of quirks and glitches that it was practically useless, so I ordered the hard copy only to learn that it (1st edition) was LOADED with mistakes. The author posted an errata on her website that was just as confusing as the mistakes in the cookbook. I should have sent it back. The few things I did make from the cookbook were an utter disaster, especially the bread/muffin/cookie things. I also got the Wheat Belly Cookbook that's loaded with truly awful recipes, including the basic bread recipe that went directly into the trash after cutting the first slice. I sent this one back Make it Paleo: Over 200 Grain Free Recipes For Any Occasion because it was nothing special and hopelessly repetitive. However, I've finally found my prince. This cookbook is a gem. The author's "World-Famous Sandwich Bread" is the new benchmark for all grain-free everyday sandwich loaves - it's as close to wheat flour bread as any I've tasted.

I'm not one to review items online but I was so excited about this cookbook and I've been cooking out of it since it landed on my doorstep. I've been taking notes on everything I've made so far and it seems to have helped many on Facebook and pushed some to go ahead and buy this book. I figured I could help a couple more make their decision with my thoughts on the recipes. Sorry. I just copied this from my FB page. All names have been changed to protect the innocent and the punctuation is less than stellar. My Big Fat Recipe Post - Today I decided to hole up in the kitchen and play....all day. I've been dying to try out so many recipes in the cookbook, Against All Grain, and today was my day to destroy my kitchen and fill some bellies. Here's what we learned. Apple Sandwiches (p. 200) - both kids loved to eat this as I made them. There's no real secret here it's just an innovative use of an apple. We topped ours with peanut butter (yeah yeah not paleo,) raw honey and raw pumpkin seeds. I sent two to school with "M" as requested, even though I warned her they would brown a little from being cut. She said she didn't mind. She lied. Both sandwiches came home with one bite out of them. This made me NOT HAPPY. This will be an at home snack from now on. Slow Cooker Sesame-Orange Chicken (p 130) with Basic Cauli-Rice (p.118.) It was SUPER easy and I already had most everything stocked except for the chicken and the cauliflower. THIS WILL BE MADE AGAIN!!!! I served it to four children who eat actual food, (T Doesn't count) the hubs and my mother-in-law. They all loved it and most everyone went back for seconds. "MG" our niece, does NOT like cauliflower but she was willing to try and loved this version. Two forks up! Fruit Roll Ups (p.

This is a beautiful book of appetizing recipes that are grain, gluten, and dairy free. The Against All Grain cookbook focuses on organic and whole foods in every recipe, with recipes for each meal of the day. This cookbook features a helpful ingredient guide for those new to paleo cooking, as well as some handy kitchen utensils that will help in preparing the recipes. This cookbook provides practical meal ideas that are healthy and family friendly. Another really family friendly Paleo cookbook out there is: Paleo Cookbook: 101 Delicious Gluten-Free, Dairy-Free, & Grain Free Paleo Recipes to Lose Weight & Feel Great and Paleo Snacks: 101 Quick, Easy, Delicious and Healthy Paleo Snack Recipes. And a good, super easy gluten-free cookbook out there is: Wheat Free Cookbook: 100 Delicious Gluten Free and Wheat Free Recipes to Boost your Health and Energy. This book has recipes for breakfast, lunch, and dinner. It also offers a selection of appetizers and sides, sweet treats and desserts, and even a section dedicated to kid-friendly meals.

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