



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

By Carrie Vitt



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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.

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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.

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Editorial Review

Review

“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)

From the Back Cover

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.

About the Author

Carrie Vitt is the author of the successful cooking blog DeliciouslyOrganic.net and *Deliciously Organic*, a cookbook featuring unprocessed, organic ingredients. Carrie also runs a successful meal-planning business that supplies weekly gluten-free, grain-free, and paleo meal plans. After struggling with health issues for years, she turned to an unprocessed, grain-free diet and has been able to reverse Hashimoto’s disease, chronic migraines, IBS, and eczema. Carrie is married to an Air Force test pilot and has two daughters. They live in northwest Florida.

Users Review

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Wilfred Walker:

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