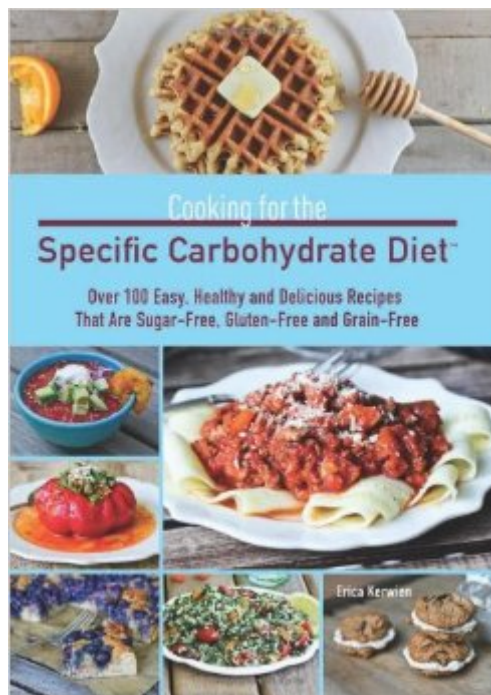


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# Cooking For The Specific Carbohydrate Diet: Over 100 Easy, Healthy, And Delicious Recipes That Are Sugar-Free, Gluten-Free, And Grain-Free



## Synopsis

DELICIOUS DISHES FOR A COMFY BELLY Do Crohn's disease, IBS, celiac disease, ulcerative colitis or other digestive issues keep you from enjoying your favorite foods? Then pick up this book and leave the pain and frustration behind. Cooking for the Specific Carbohydrate Diet provides over 100 belly-friendly recipes that please the palate while soothing your stomach, including: Blueberry Coffee Cake; Cinnamon Raisin Bread; Quiche; Pizza; Chicken Pot Pie; Dirty Rice; Butter Biscuits; Kale Onion Tart; Stuffed Bell Peppers; Oatmeal Cookies; Lemon Pound Cake; Pumpkin Pie. Cooking for the Specific Carbohydrate Diet also serves up tips for eating smart, healthy and even indulgently despite a sensitive stomach; all brought to you by popular Comfy Belly blogger Erica Kerwien. As a mom caring for a son with Crohn's, she has firsthand knowledge of what works and what doesn't for both taste and digestion.

## Book Information

Paperback: 160 pages

Publisher: Ulysses Press; 1 edition (April 23, 2013)

Language: English

ISBN-10: 1612431747

ISBN-13: 978-1612431741

Product Dimensions: 0.2 x 6.5 x 9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (111 customer reviews)

Best Sellers Rank: #20,139 in Books (See Top 100 in Books) #27 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #55 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #60 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

## Customer Reviews

This cook book has a LOT of great recipes that are not only easy to follow, but delicious! There is a great variety of savory and sweet foods, and the instructions are clear & easy to understand. This book also has great pictures which make the recipes look appealing. I get hungry just looking through it! After spending many hours online trying to find SCD recipes here and there on blogs and websites, I am very excited to have this cook book with so many great recipes all in one place.

Although I don't have any specific food allergies or intolerances, I am always looking for "healthy" cookbooks to balance out my diet. This book delivers on its title. All of the recipes I have tried are tasty, simple, and best of all...good for you. I am an avid baker and cook, and have found "Cooking for the Specific Carbohydrate Diet" to be very helpful in introducing alternative carbohydrates like almond flour and coconut flour into my family's diet. I would consider most of the recipes to be everyday comfort food, simple to execute yet very satisfying. The "Dirty Rice" Recipe, which ironically has no rice in it, is my absolute favorite. This roasted cauliflower "rice" recipe is perfect for anyone on a low-carb diet. Although you can make this recipe in a standard oven, I used my Actifry Machine and it turned out perfect. I have also enjoyed the Parchment-Baked Fish, Blueberry Cinnamon Coffee Cake, and Beet Chips, all of which were very good. I can't wait to try the recipes for Cinnamon Bun Muffins and Zucchini Sticks. All in all, this is a wonderful cookbook not only for individuals having specific dietary needs without wanting to feel deprived, but also for anyone looking to add some easy, feel-good recipes to their collection.

Let's just say I collect cookbooks, so I'm no newbie to recipes, but I am so excited to add this book to my collection! It is softcover with 162 "slick" pages like a magazine which makes it so easy and fun to read. There are lots of colorful close-up pictures so you can see exactly what the recipe is supposed to look like. The Table of Contents is especially helpful--it's in large colorful font and arranged by categories so you can easily find ideas even if you don't know what you're looking for. But my favorite section of the book is all the information the author provides before you even get to the recipes. Tips for athletes and travelers, allowable SCD foods, and a chart for how long to soak your nuts/seeds/beans. She includes basics for the SCD diet such as dripped yogurt and ghee so you don't have to look elsewhere for your recipe, but lots of new allowable comfort foods such as Chicken Pot Pie and Cinnamon Raisin Bread. I think I'll be like Julie and Julia and systematically make every single recipe!

We are longtime visitors of the Comfy Belly website. Erica's coconut flour cinnamon muffins have been a staple in our son's lunchbox for a long time now. We are currently enjoying the book and trying some of the recipes inside. The Ragu Bolognese already got a thumbs up and will be heading to summer camp this year as part of our son's menu. The banana bread and blueberry coffee cake recipes have also been a hit. Our only regret is that we wish this book had been available three years ago when we first started the SCD diet. We highly recommend this book to anyone practicing the SCD diet. It can be especially helpful to folks that are starting the diet thanks to the extra

explanations and descriptions of the SCD essential guidelines.

The best thing about this recipe book is that every recipe that I try works! And better yet they have all been delicious, well written and pretty easy! I usually find that some recipes are just so so for taste, but really all of these are delicious! They are easy to follow and there are lots of pictures that look beautiful and believe it or not, mine come out looking almost as good!

This cookbook is a gem! I recently made the SCD fish tacos (with all the SCD toppings and sides) and I have to say that in my 4 years of SCD eating I have never had such a delicious meal. Comfy Belly provides great recipes and makes them simple and easy to perfect in any kitchen and with any SCD expertise. Not only are her recipes the best, but the way she describes the SCD diet and explaining WHY the diet is important is very articulate and easy to understand. I plan on buying more of these and giving them as gifts. Could not be happier!

I ordered this book because I enjoy using Comfy Belly for recipe ideas and have found them to be pretty good. There aren't a whole lot of SCD cookbooks out there, so I was pretty excited to see another out there. I have only made a few recipes out of this book so far, but my experience of the cookbook is that the recipes are pretty good! The first recipe I made, cinnamon raisin bread, is UNBELIEVABLY good, like better than any other scd bread recipe I've made (and I've made quite a few, having been on the diet for a year now). The other recipe I've tried, the pizza crust (focaccia) recipe, is ok as a pizza crust but turns out more like a bready cracker than focaccia. I normally use a focaccia recipe made with farmer's cheese as a thick, fluffy pizza crust and it has a much better flavor and texture than the pizza crust recipe in this book, which I suspect would improve with a little baking soda. Overall, though, a very nice book; looking forward to trying out more recipes!

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