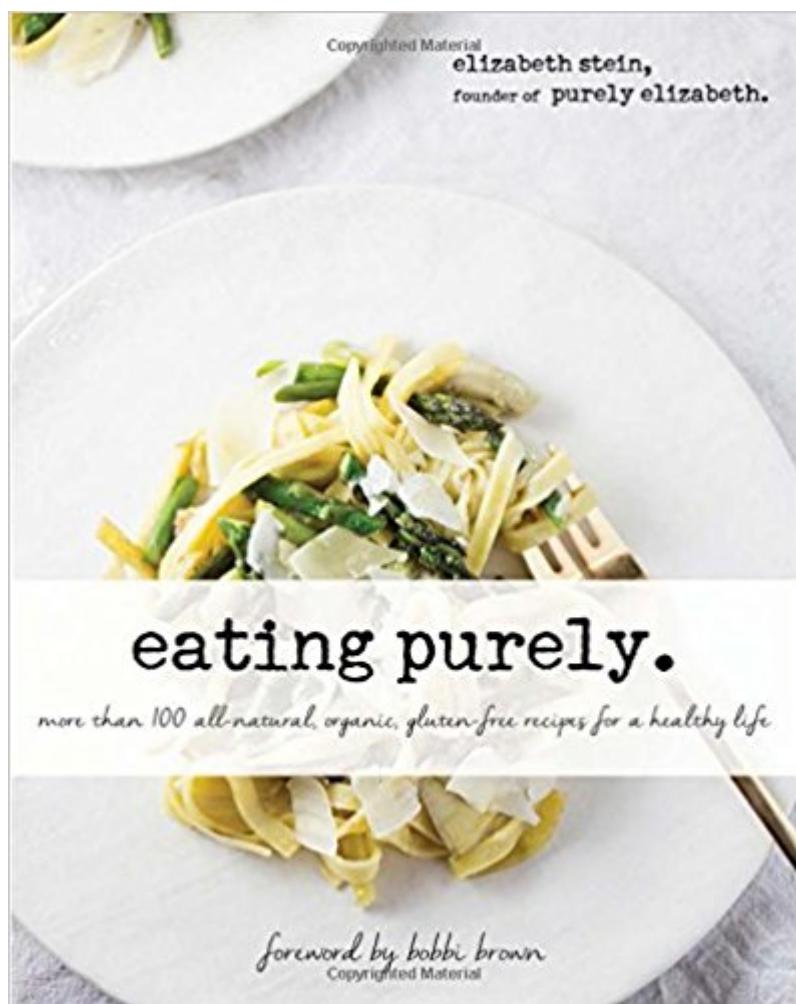


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# Eating Purely: More Than 100 All-Natural, Organic, Gluten-Free Recipes For A Healthy Life



## Synopsis

Good health begins with what you put in your body. When you eat better, you feel better. It's that simple. A few short years ago, Elizabeth Stein could be found in her tiny Manhattan kitchen searching for a way to make gluten-free and vegan products that tasted great and weren't overly processed. Working with ingredients such as chia seeds, flax, hemp, and coconut sugar, Elizabeth successfully developed recipes that were all-natural, non-GMO, gluten-free, and diabetes friendly. These recipes helped her form Purely Elizabeth, an award-winning line of products that can be found in more than 1,500 stores. Eating Purely is a collection of Elizabeth's favorite recipes, which she has made for family, clients, and friends over the years. The recipes are healthy, easy, and delicious; and at times even indulgent. Eating Purely is focused on cooking with whole foods that are naturally gluten-free, nutrient rich, free of refined sugar, and mostly vegetable based. These recipes are centered on Stein's five Eating Purely Principles, which will leave you feeling healthy and purely radiant. These principles are: Eat Whole, Clean Foods, Focus on Plants, Add in Nutrient-Rich Ingredients, Kick Inflammatory Foods to the Curb, and Practice the 80/20 Rule. Eating Purely includes more than one hundred fun and approachable recipes, ranging from brunch and salads to vegetarian mains and seasonal menus to celebrate with family and friends. Throughout Eating Purely, Stein also shares personal stories on health, exercise, family, entertaining, and starting her own natural foods company. Interwoven throughout the book is what Stein calls "the purely scoop" • time-saving cooking tips, benefits of ingredients used, resources for buying foods, and food and wine pairings. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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## **Customer Reviews**

The food in this cookbook is very good. The recipes are not difficult and they turn out very well. It is a good cookbook. There are a few things that would make this a great cookbook. Time to prepare and time to cook would be useful information to have. Knowing how many people a given recipe served would be useful. Given that the main premise behind the cookbook is healthy living, estimates as to nutritional values and content would be great. Those things would have made this a 5 star book. Recommended but with the understanding there are some holes.

I love all of purely Elizabeth's recipes and mantras! The recipes in the book are not only easy to make, affordable but also great tasting!!! I am a huge fan of her gluten free granola because it has simple ingredients, low sugar, and tastes like granola should taste! Cannot recommend this book more!!

I wholeheartedly recommend this book. Each recipe is very easy to follow and the recipes don't contain a million ingredients. My entire family enjoys the meals. My favorite so far is the Blueberry Granola Crisp...so healthy and so deelish!

A gorgeous, Gorgeous, GORGEOUS book! I'm something of a cookbook-o-phile, and I'm really picky about them. The recipes need to be straight-forward, easy to read, well-presented, and not complicated, or I just won't use the book (don't have time for finicky recipes). This book meets all of my criteria, and more! The recipes are wonderful, whether making them for yourself, or company, and the fact that they use fresh ingredients that also just happen to be gluten-free (and many of them are vegetarian or even vegan, although there is also a fish and poultry chapter) is awesome. This book would make a \*wonderful\* gift for anybody (in fact I got it to give as a gift and

then promptly ordered one for myself as well).

The Eating Purely cookbook is PURELY amazing. The book is filled with delicious (& easy!) recipes, beautiful photography, and interesting nutrition facts and tips. I've made two recipes so far and both have been out of this world! Looking forward to making many more!

I have been waiting for this to be released for some time and it was well worth the wait! I am a huge fan of Elizabeth and her food philosophy of eating a pure and balanced diet. Definitely recommend this to everyone!

This is such a beautiful book and the recipes are amazing. I do not have celiac's but do have some sensitivity to gluten which is why I ordered the book. Elizabeth seems to have put a lot of thought and research into her recipes because they are simply delicious. Highly Recommended. I have bought her granola and it was delicious. Be careful though because it's that good and it is not a low calorie food!

I misinterpreted the write-up of this book and thought I was getting a gluten free, vegan cookbook. While some of the recipes are, it is not exclusively so. She has an entire chapter on fish and poultry recipes, and though she lists dairy as one of the top things to avoid in order to "Eat Purely", a bunch of recipes call for cheese. Her "vegan" cashew cheese mushroom ravioli requires 4 eggs, and her black bean beet burger says the egg can be left out for vegan versions but offers no suggestions for an alternative. Overall the recipes look fine but are nothing exceptional. Some ingredients will be hard to source at your local grocery store, especially if you're in the midwest. I'm a little salty that I wasted \$15 on a cookbook where a third of the recipes are unusable for me and I wish I could return it.

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