



# **Cooking and Recipes: Going Natural the Gluten Free Way featuring Raw Foods and the Paleo Diet**

*Karen Carson*

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## **Cooking and Recipes: Going Natural the Gluten Free Way featuring Raw Foods and the Paleo Diet**

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Cooking and Recipes Going Natural the Gluten Free Way featuring Raw Foods and the Paleo Diet The Cooking and Recipes cookbook contains recipes for three very popular and highly nutritious diets, the Gluten Free Diet, Raw Foods Diet and the Paleo Diet. The gluten free diet is seen in all three diets, but also in special recipes found here such as Lamb with Yams and Apples, Cheesy Mexican Chicken, Broiled Steak Salad, Beef and Broccoli and the Curried Chicken and Mango Summer Salad. Also, try out these gluten free recipes of Garlic and Parmesan Chicken Wings, Hot and Spicy Chicken Wings, Hearty Summer Salad, Chinese Green Beans, High Energy Breakfast Smoothie and the Curried Chicken and Mango Summer Salad. The Paleo Diet features the diet our very ancient Stone Age ancestors ate. These people were found to be free of major illnesses and health conditions and lived long healthy lives. Obesity was never a problem either. They enjoyed foods like Beef Stroganoff, Fish Tacos, Salmon with Cherry Tomatoes and Roasted Asparagus, Stuffed Pork Tenderloin, Cabbage and Ham Stew, Taco Pie and the Salmon with Red Pepper Sauce and Mushrooms. Also the Paleo Diet includes desserts like Chocolate Avocado Mousse, Chocolate Cranberry Pie, Paleo Style Coconut Cream Pie and the Pineapple Coconut Frozen Custard. The Raw Food Diet section includes a good number of recipes including Parsnip Risotto with Peas and Basil, Raw Fajitas, Raw Burgers, Stuffed Peppers, Raw Dolmas with Tahini Sauce and Spinach Mushroom Quiche. Also try the Raw California Rolls, Spicy Almond Kelp Noodles, Collard Quinoa Wraps, Brazil Nut Chutney, Raw Mushroom Burgers, and the Sunflower Seed Pate. For breakfast, try the Banana Splits, Crepes with Berries and Cashew Cream, Apple Cinnamon Crepes, Chia Pudding with Bananas, Raw Brazil Nut Onion Bagels, and the Cinnamon Citrus Crepes.

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