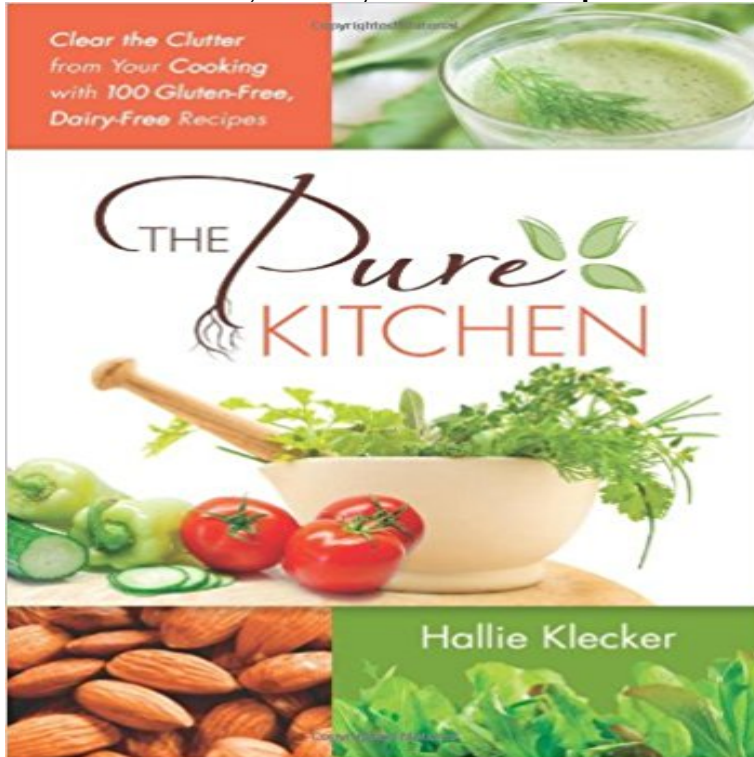


The Pure Kitchen: Clear the Clutter from Your Cooking with 100 Gluten-Free, Dairy-Free Recipes



The Pure Kitchen offers readers and food-lovers a unique but easy approach to fortifying their diets with whole, natural, pure foods. While eliminating gluten and dairy from your diet can be daunting in a world of packaged convenience foods and take-out, learning to cook at home is essential to adopting a healthy lifestyle. A diet rich in colorful fruits and vegetables, lean proteins, healthy fats, and gluten-free whole grains is quite possibly one of the healthiest around. From energizing breakfasts to mouthwatering desserts, The Pure Kitchen is chock-full of recipes, tips, and tricks for eating well, living pure, and maximizing good health. Learn to eat pure with: Simple ways to successfully transition to a whole foods diet; a guide to stocking the pure kitchen; lessons in label-reading and easily avoiding gluten and dairy; tips for menu planning, shopping, and charming the palates of picky eaters; 100 scrumptious recipes free of gluten, dairy, and refined sugar. Whether you are brand new to the world of healthy eating or are simply looking for more motivation on your journey toward optimal health, The Pure Kitchens nutritious and satisfying recipes are sure to inspire.

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