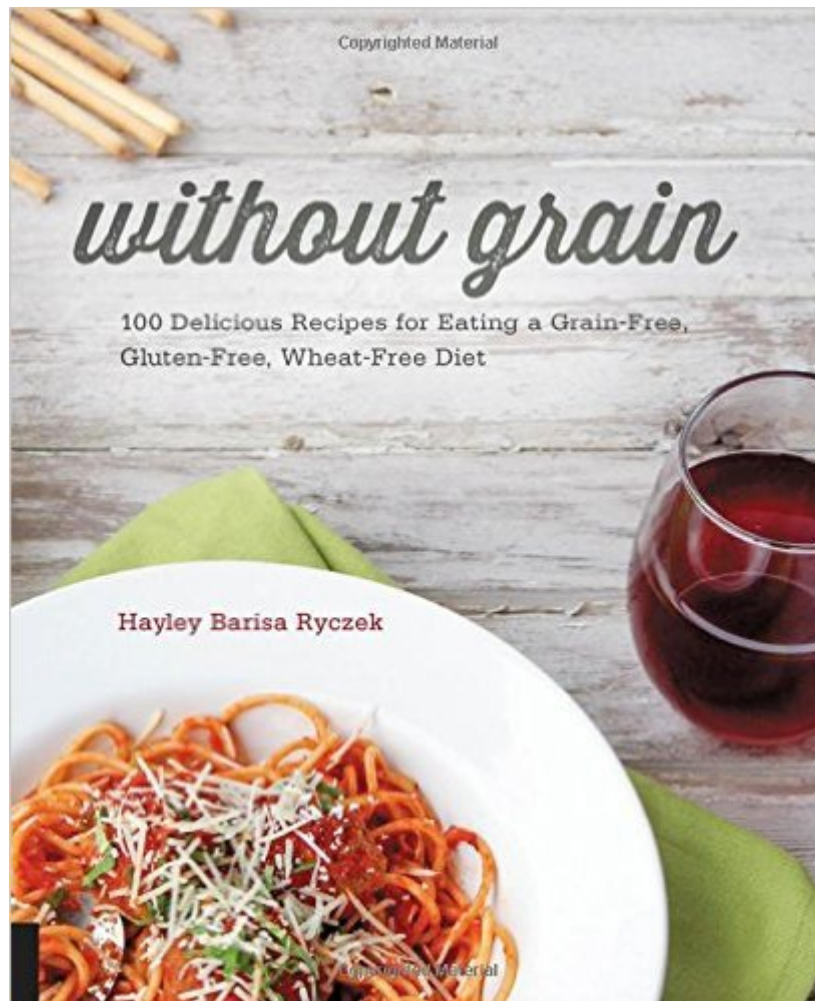


The book was found

Without Grain: 100 Delicious Recipes For Eating A Grain-Free, Gluten-Free, Wheat-Free Diet



Synopsis

With 100 recipes, *Without Grain* is your everyday reference for easy, delicious, grain-free living. *Without Grain* is a practical guide to eating a grain-free diet. Whether you're paleo, gluten-free, or even low-carb, Hayley Ryczek provides a relaxed and simplistic approach to healthy eating that empowers you to confidently adhere to eating grain free, improving your health while eating amazing food. *Without Grain* includes an overview of the health benefits to eating a grain-free diet and serves as a useful reference guide for all things related to grain-free cooking. Learn the importance of stocking a grain-free pantry, how to use grain-free flours and the risks of cross contamination from gluten. Hayley also offers a grain-free holiday guide and a grain-free guide to eating out! With 100 grain-free recipes, *Without Grain* is a perfect book for beginners. With easy, practical recipes, your family's favorite foods are converted to healthier, grain-free renditions. Enjoy this amazing resource, chock full of staple recipes such as waffles, pizza, buttermilk biscuits, and fried chicken. All of the grain-free recipes in *Without Grain* are equal to or better than their wheat-containing counterpart. *Without Grain* is your everyday reference for easy, delicious, grain-free living.

Book Information

Paperback: 208 pages

Publisher: Fair Winds Press (September 1, 2015)

Language: English

ISBN-10: 1592336965

ISBN-13: 978-1592336968

Product Dimensions: 7.8 x 0.8 x 9.5 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars Â Â See all reviews Â (34 customer reviews)

Best Sellers Rank: #341,859 in Books (See Top 100 in Books) #64 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free #110 in Â Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #186 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free

Customer Reviews

I love this book! First of all, it's GORGEOUS. I love it when cookbooks show you what the final product is supposed to look like so there are no surprises. I just look through it and drool on the pages when I don't feel like cooking. (Just kidding... sorta...) Second of all, THE FOOD! The author

lives near where I grew up, so she put in all of my favorite childhood comfort foods with a grain free twist. Everything I have made so far has been fantastic. I really think I'll be cooking my way through the entire cookbook. Next up is the pumpkin roll! Update 3/19/16: I lied. I still haven't made the Pumpkin roll. I really want to, though. I've made the sausage gravy at least 3 times. My husband finally got to taste some last time I made it and loved it. I just made the General Tsos Chicken and it was fantastic! I've never fried anything before (I usually delegate to someone less afraid of hot oil), but it was so easy and delicious that I may be able to fry my own donuts. I'm pretty sure there is a recipe for those, too (I don't have it in front of me.) Oh, one thing to mention. I've made the noodles twice (well, me once and my husband once) and they didn't turn out as expected following the ingredient amounts. I believe we each had to add more flour to get the right consistency. I will point out that I'm using Bob's Red Mill or Kroger almond flour and that I'm pretty confident that that is the issue. If you aren't very good at adapting recipes to make them work with your inferior ingredients, then make sure you buy the recommended ingredients!

I gave it 3 stars because 1-It did not have nutritional breakdowns on each recipe 2-I was under the impression that it was recipes that were free of cane sugar as well as grains, and that's not so. I probably read something from another cookbook that said that. I would not have purchased if I knew most of the recipes included Arrowroot flour and or cane sugar. I doubt I'll use this cookbook. 3- on a better note...it was done very well, laid out nicely quality paper and photo's wonderful. There is a few recipes that do not include arrowroot starch or potato starch like the Southwest Quesadillas that actually looks great. I'll do the nutritional breakdown and decide whether I will make it or not. Just wish those making cookbooks would add the nutritional info. There was no way to preview this book prior to buying it with the exception of the cover.

What a great little cookbook! Something about this sweet book is just SO user friendly. Some of the Paleo/grainfree cookbooks out there come across as pretentious and are filled with elegant photos of super fancy food I just would just never attempt to prepare on an everyday basis. These are recipes we're already familiar with just made grain free. I also appreciate that Hayley didn't find it necessary to stick to stick Paleo for those of us who can tolerate dairy here and there, this is more realistic for my family. I'm also glad to pick up a grain free cookbook whose dessert section doesn't take up the majority of the book, I get it people, paleo treats are yummy but stepping away from excess sugar (wherever it comes from) will do us all good. I have tried several recipes and all have been great. She made making fried calamari look easy so I gave it a shot and WOW, who knew

restaurant style fried calamari made even BETTER at home. 5 stars for sure!

This is the cook book to get if you want to eat all your favorites but without using grains. Hayley does all the work for you! Easy to understand explanations of why cooking without grain is a more healthy alternative to traditional ingredients. The recipes are easy to understand, organized well, and beautifully photographed. The several that I have already tried were beyond delicious. There is a good index and one thing I demand in a good cookbook-photos of the dish. Not only are they beautifully photographed but Hayley took them herself of her own recipes so I know they are honest. I like to see what the dish is supposed to look like! There are recipes for every occasion as well as snacks and kids items. A substitution list is given for frequent allergens found in foods and a healthy alternative. She includes a chapter on why going grain free is a healthier choice. Do yourself a favor and go for a grain free and healthier lifestyle; let this cookbook be a good start.

This book should come with a warning-- do not look at while hungry! Without Grain was the perfect introduction to a grain-free lifestyle for someone who does not have a lot of time to cook. She covers everything-- from the basics to the more complex-- and breaks it down along the way so it's not overwhelming. The cauliflower rice is SO easy, delicious, and goes with everything-- and don't even get me started on the pepperoni rolls! Counting down the days until my cheat day to try these desserts!

This cookbook, "without grain" is wonderful!! I am sensitive to grains and this book gives me the opportunity to eat some of the foods I grew up with in a grain free version. Of the recipes I have tried, the end product does not taste like most of the gluten free products that I have purchased off the shelf. The book is very hands on with many hints and suggestions to help even the experienced cook. They say we eat first with our eyes and the photos in this book will make you so hungry. The ingredients are easily found in most grocery stores and most things you probably already have in your pantry. I would recommend this grain free cookbook to anyone that wants to eat healthier.

[Download to continue reading...](#)

WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Without Grain: 100 Delicious Recipes for Eating a Grain-Free, Gluten-Free, Wheat-Free Diet Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) Gluten Free: Gluten-Free Baking Cookbook:

Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) The Gluten-Free Diet Cookbook: 101 Delicious Wheat-Free Recipes Inspired by the Mediterranean Diet (Gluten-free, Gluten-free Cooking) My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Grain Free Diet: Against all Grain, The Surprising Truth about the Silent Killer of Wheat, Gluten, Carbs, and Sugar, The Extraordinary Grain Free Health for Weight Loss and Healthy Life Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) Wheat Free Diet: Lose the belly fat weight loss plan and wheat free recipe cookbook. Ideal diet for wheat, gluten and food allergy sufferers Gluten Free Recipes: 39 Gluten Free Recipes With Rice, Polenta, Beans And Quinoa Plus Delicious Vegetable Side Dishes To Complete Your Gluten Free Meal-Discover ... Gluten Free Recipes On a Budget Book 6) Candida: Cleanse Your Body And Cure Candida Forever (Candida, Yeast, Fungi, Gluten Free, Gluten Intolerance, Wheat Free, Wheat, Belly, Grain, Brain, autoimmune, Atkins, celiac) Candida: Cleanse Your Body And Cure Candida Forever (Candida, Yeast, Fungi, Gluten Free, Gluten Intolerance, Wheat Free, Wheat, Belly, Grain, Brain, autoimmune, Atkins, celiac, lyme) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Wheat Belly Diet: For Beginners A Guide On Weight Loss and Total Health (Wheat Free Cookbook Included, Now With 20 Delicious Recipes) (wheat belly diet weight loss cure) GLUTEN FREE COOKBOOK: Gluten Free Slow Cooker Recipes: 50 Gut Friendly Wheat Free Meals That Are Ready When You Are (Gluten Free Diet) (Health Wealth & Happiness Book 57) My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free)

