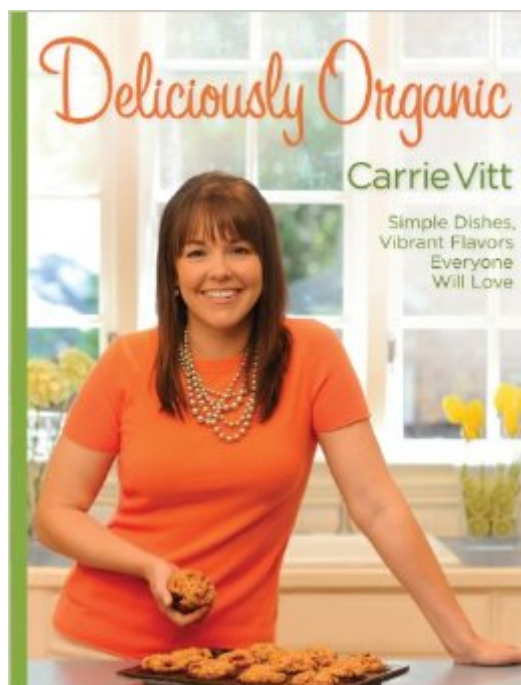


The book was found

Deliciously Organic



Synopsis

Now every meal and course you serve can be deliciously organic. Each recipe features only organic, unprocessed and whole ingredients that everyone will love (including kids) and for all occasions (even for hard-to-please special guests). Here's a sampling. Breakfast/Brunch: Lemon Sour Cream Pancakes with Blueberry Puree; Strawberry Coconut Smoothie; Tomato Basil Quiche Salads: Carrie's award-winning Roasted Red Onion and Pear Salad; Thai Steak Salad; Cherry Tomato Caper Salad Sides: Spinach Madeline; Mexican Rice Casserole; Grilled Potatoes with Lemon Aioli Entrees: Tuscan Lemon Chicken; Tuna Steaks with Avocado and Tomato Salsa; Cottage Pie (old favorite); Beef and Broccoli Stir-Fry Desserts (when you want to splurge in moderation!): Chocolate Chip Cookies (whole wheat and best ever!); Strawberry and Cream Tart; Creamy Lemon Ice Cream

Book Information

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Diet

Customer Reviews

A-MAZING. Carrie's cookbook & blog have basically changed my life. Since I've started making the transition to real, unprocessed foods, I've lost weight without calorie counting AND been able to eat dairy, which is a small miracle for me! Plus, I was forced to go gluten free due to migraines & digestive issues & Carrie offers classic, gluten free & even grain free recipes and meal plans. The cookbook has different information & recipes than the blog, and by learning how to modify recipes at Carrie's instruction, I can now turn just about any recipe into something I can eat, enjoy, & my body can actually process! I was a bit scared at the idea of REAL butter & REAL milk because it is so

ingrained in us to eat a low calorie, low fat diet--yet to get those foods, we're eating highly processed foods that aren't "food" and our body doesn't recognize it as food! No wonder my body has been going haywire since I was 16! I saw the review about Carrie's stuff being high in calories and dairy...I was nervous too, but I took the plunge and I'll never go back! Energy is up, sleep is deeper, exercise is more productive, & playing with my toddler is more enjoyable because I'm not beating my head against the wall to stay awake! Oh, and I still have some energy left over to be with my husband! :)

We love this book. I recently purchased it after taking the 100daysofrealfood.com food pledge. I love how Carrie explains how to shop and provides resources on where to buy certain products. She's so inventive. The most refreshing moment was looking through the dessert section and seeing how many things she was able to create using only real food recipes. This book has really helped us to see the possibilities and to create foods that are familiar to us without consuming processed food and harmful chemicals. This book was a great way to introduce the organic food lifestyle to my family.

I don't know anything about organic foods beyond the fact that some things are labeled as such. I love her Chapter 2 that clearly defines and explains the differences and why she thinks we should incorporate more organic foods into our daily lives. One thing that stuck with me that she wrote on her blog recently was making one change per week. I've realized that over the last year of reading Vitt's blog & cookbook [specifically chapter 3 outlining simple changes to make!], I've incorporated a lot more changes in my daily eating habits than a year ago, a lot of it thanks to the recipes provided in this book! I used to *hate* vegetables but her recipes are so delicious that I don't even think of it as eating vegetables. As much as I've incorporated veggies into my diet, I have to admit that I love this book because the chocolate chip cookie recipe in this book is AMAZING. don't substitute ANYTHING, it won't taste the same [personal experience]. That choc chip cookie is like crack.

I was a bit skeptical about a cookbook with unprocessed ingredients, but I must say that I love this cookbook. I've already made several of the recipes with tremendous success and have more planned. I suggest this book!

I saw this book recommended on 100daysofrealfood blog and gave it a try, I really love her approach to healthful and organic cooking. Granted I don't use all ingredients Carrie recommends

but her recipes are so easy to follow. Plus it gives me a better range of meals to serve at dinner and I really like that. I highly recommend her cookbook and her blog, continual useful information. Everyone's journey is different, so it's ok to add your own flare to the dishes but you'll find in most cases you won't need too

I read about Carrie's book on [...]and couldn't wait to try it. The recipes are so simple and so delicious. This book is now my 'go-to' cookbook and is conveniently stored on my countertop (unlike the numerous other cookbooks I have acquired over the years that are all stacked neatly elsewhere and never used). Whether you are an experienced cook or just enjoy preparing healthy dishes for your family, this cookbook is a **MUST HAVE!!!**

Carrie is an inspiration to perseverance in finding ways to get and stay healthy through natural food. Not only a great cook book but a great read as well. I have been following her blog for awhile then decided to get this book. Will be a keeper.

Great recipes, beautiful photos, this book is a winner. I made the chocolate cream pie that is sweetened with maple syrup and it was a huge hit. I also love the oatmeal with buttermilk. Simple, delicious food that is not too complicated or difficult to make. I am really happy with this book, my teenage daughter has also started to think she wants to cook from it. Yay!

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