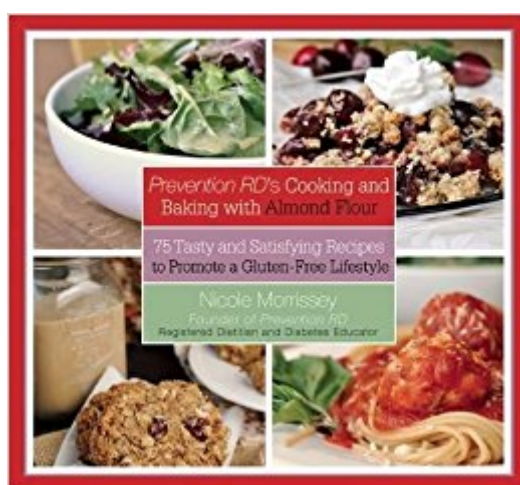


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# Prevention RD's Cooking And Baking With Almond Flour: 75 Tasty And Satisfying Recipes To Promote A Gluten-Free Lifestyle



## Synopsis

As a registered dietitian, diabetes educator, and blogger, Nicole Morrissey has created a wide variety of recipes for all types of people and their diets. Her goal has always been to provide her clients and fans of her blog with light recipes and meal plans that will help them feel energized and healthy. Having worked with almond flour in her own kitchen, and having the credentials and knowledge to tout its impressive health benefits, Morrissey provides gluten-free recipes for breakfast, lunch, dinner, and between-meal snacks in *Prevention RD's™ Cooking and Baking with Almond Flour*. Recipes include: Honey-almond granola clusters Sesame and almond crusted salmon with cilantro chimichurri Pan-seared cod with dill aioli Green beans almondine Cranberry pumpkin bread Meyer lemon&#150;raspberry cupcakes Key lime pie bites And more! Similar to her first cookbook, *Prevention RD's™ Everyday Healthy Cooking*, Morrissey includes Cook's™ Comments, Fun Facts, and Nutrition Notes that teach readers how to adjust portion sizes, make heavy recipes &#147;light,â • and convert recipes for non-gluten-free friends. In addition, each recipe includes nutrition information including the amounts of calories, carbohydrates, and fats. 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. Weâ™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.

## Book Information

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## Customer Reviews

Nicole Morrissey, RD, is the creator of the blog Prevention RD, which is dedicated to preventing illness and disease through healthy eating. Her goal is to create food that is balanced, plentiful, and satisfying. Her approach to nutrition is simple: find that perfect balance of happiness and health through food and make it work for each individual. Morrissey, a registered dietitian and diabetes educator, is the author of Prevention RD's Everyday Healthy Cooking and resides in St. Joseph, Michigan.

This is a wonderful cookbook with something in it that everyone in the family will like!

Have enjoyed this cookbook! I have made many recipes - easy & delicious. Would recommend it to anyone wanting to eat healthy!

Lots of recipes that I would like to try.

Still lots of sugar in recipes. Good results overall.

Great recipes and options. Easy to follow and well written

Great recipes that are easy to make.

I have tried other recipes of Nicole's and each one was yummy and delicious. I also have many friends that follow a gluten free diet due to gluten sensitivity or Celiac Disease. In my own household, we followed a gluten free diet for a few years while my husband struggled with different stomach problems. We are not currently gluten free, but I am very familiar with the lifestyle and wanted to try a try Nicole's cookbook. The cookbook is divided up by different courses such as, breakfast, sides & starters, entrees, breads & muffins and dessert. Each category has a large variety of different options that will calm any cravings. A few of my favorites were are: Bakes Egg

Cups, Protein Pancakes, Sweet and Savory Bacon Wrapped Jalapeno Poppers, Shrimp, Pesto and Goat Cheese Pizza, Ricotta Basil Turkey Meatballs, Peanut Butter Banana Muffins and Lemon Bars. In addition to a large variety of recipes, Nicole created different icons displayed with each recipe noting sugar free, paleo, vegetarian, vegan, low carb, high fiber and dairy free. I really like the icons because it is a quick glance for the ready if they are looking for a specific type of recipe to prepare. The recipe I decided to share with you is Nicole's Caprese Quinoa Bake with Balsamic Reduction. In my house caprese rules the day and I loved the idea of a warm side dish to accompany an entree from the grill. However, you could certainly have this as a main meal as well. I used fresh tomatoes and basil from our farmer's market and a wonderful aged balsamic I picked up in Door County. The recipe is very easy to follow and makes 4 servings for an entree or 6-8 as a side dish. Nicole notes that In place of using an egg, almond flour acts as the binder to keep this bake easy to serve in single pieces. The frosting on the cake is the delicious drizzle of sweet balsamic over the finished product created a perfect medley of summer flavors.

This book is beautiful!! I love cooking with almond flour, through choice (not necessity) and this book does not disappoint. Just flipping through, I can see several recipes I want to make, I mean: Coconut-Oat Cranberry Breakfast Cookies?! Hello!! Coconut Shrimp with Pineapple Dipping Sauce... yes please!! Jalapeño Cheddar Cornbread, Apple Pie Shooters, Strawberry Balsamic Shortcakes....I already made "Light and Fluffy Chocolate Cake" and brought it to work. I have several co-workers who are gluten free, and several who aren't. It was a fantastic hit with everyone. The photography is beautiful, and the book is filled with helpful info like shopping tips, nutritional info and cook's notes.

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