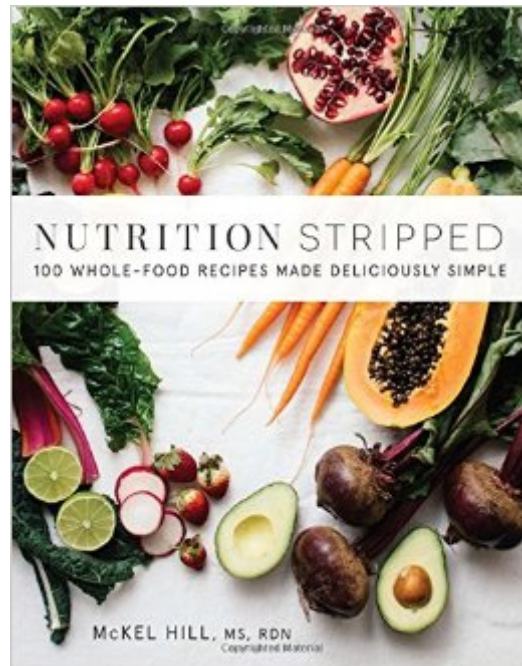


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# Nutrition Stripped: 100 Whole-Food Recipes Made Deliciously Simple



## Synopsis

Discover just how deliciously simple whole foods cooking can be with this essential cookbook, based on the popular Nutrition Stripped blog, featuring more than 100 exciting and good-for-you recipes and color photography throughout. Search the web and you'll find a variety of recipes from health food bloggers and nutritionists. Yet many of these recipes often follow trends or fad diets. Now, McKel Hill, a Registered Dietitian Nutritionist and wellness coach, takes you back to bare basics to enjoy the amazing benefits and incomparable flavor of whole foods' nature's true healthy bounty. Drawing inspiration from nature, the turning of the seasons, the world of plants, nutrient dense foods and hidden gems in the world of superfoods, Hill celebrates simplicity, and shares her vast professional knowledge and expertise in this practical and easy-to-use cookbook. But Nutrition Stripped isn't just an approach to eating—it's a lifestyle that will help you look, feel, and be your best. Whole foods cooking is the foundation of health and can be enjoyed no matter what your dietary preference, whether it's vegan, paleo, or gluten-free. Hill's whole food, plant-based recipes are gluten-free, dairy-free, and entirely free from processed food, yet all can be adapted to specific tastes and needs, making them realistic, approachable, global, and livable. Start your day with delights such as Turmeric Milk (the new green smoothie), Carrot Cake Quinoa Porridge, or Plantain Flatbread with Poached Egg and Honey. For dinner, feast on Beetroot Burgers with Maple Mustard or Carrot Gnocchi with Carrot Greens Pesto. And don't forget dessert—indulge with a mouthwatering slice of Raw Peach Tart with Coconut Whipped Cream or some Salted Caramel Brownies. Illustrated with beautiful, modern and minimalistic color photographs, Nutrition Stripped shows you how delicious and simple it can be to eat healthier with whole foods.

## Book Information

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## Customer Reviews

There's a lot I enjoyed in McKel's cookbook. Her philosophy on eating whole and living a healthy lifestyle is well-written and packed with information. Her vegetarian/vegan/gluten-free recipes are full of flavor and all accompanied by a beautiful photo so it's easy to see what you'll be making. I think her tip on how to make juice without a juicer is probably worth the cost of this cookbook. It's genius and so simple. However, there are a few things that keep *Nutrition Stripped* from being a 5-star cookbook for me. There are a few copy errors in some of the recipes I've noticed, like in the buckwheat pancakes when the reader is instructed to let the batter sit for a while to hydrate the oats, except there are no oats in the list of ingredients or mentioned anywhere else in the directions. A number of the recipes rely on sumac to provide a slightly sweet-sour flavor to the dish, and if that's not something you enjoy, you're unlikely to enjoy those meals. It can be difficult to find what you're looking for in the index - I knew there was a butternut mac & "cheese" recipe after flipping through the pages, but when I went back to find it in the index, there wasn't a butternut or pasta listing; instead the recipe is indexed under cheesy noodles. So far, I've made a handful of the recipes from this cookbook and they've been okay, but none of them will be repeated. I was really excited to try the blackberry-sumac-sunflower seed muffins with citrus coconut cream, but they had a strange mousse-like consistency and texture from all the egg whites that wasn't at all what I or my guests were expecting, and the only flavor to come through was that of the sunflower seeds. No one could taste the lovely, expensive blackberries or the 2 tablespoons of orange zest in the batter.

This book was referenced in several magazines and blogs I subscribe to; and as an avid collector of cookbooks in the health / vegan/ raw food categories; decided to purchase having previously been unaware of the author's blog. I found it to be a great -easy to follow book - packed full of advice, beautiful photography and most importantly good recipes. The book begins with an introduction about the author, her food philosophy, kitchen essentials, and a very comprehensive grocery list that you could copy and take with you as it has boxes to check off as you buy. There is a very useful guide to plant based protein - as someone who loves to workout but struggles to get enough protein in my diet, this was an essential guide for me. Then basics - making nut butter, milks, dressing - guides to seeds, beans, flours, making vegan cheese - all very useful and notably simple to follow. The recipes follow - drinks; juices, nut milks, tonics, potions and elixirs

and I was excited to see so many new and innovative ideas, not the done to death green smoothie. Then a breakfast including smoothies “ and this goes from simple such as cereal and pancakes to the complex donuts. Small bites has everything from kale chips to super easy and portable energy seed truffles; salads follow and I already love the winter citrus grain salad as it’s easy to make and a great high protein lunch I can take with me to work “ the melon . Fennel salad is also a standout. Soups are featured next “ with everything from pho to a spicy carrot / cayenne concoction. Again not your run of the mill ideas which is great! Suppers are of course the most complex but what I did like was easy to source ingredients - this book does not feature many weird things you would have to hunt down!

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