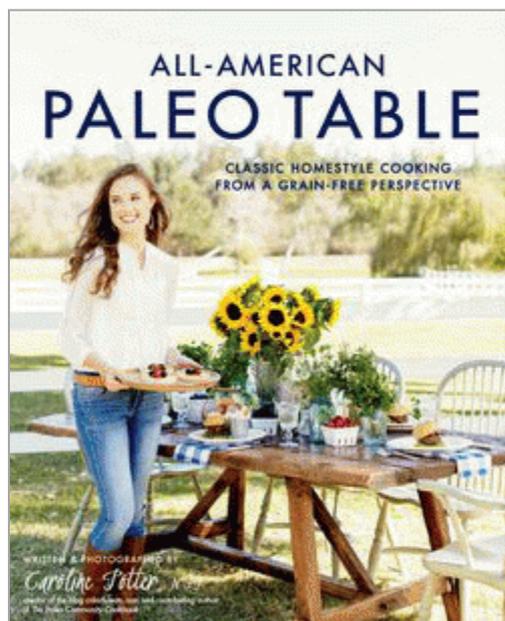

Advance Information

All-American Paleo Table

125 Grain- Gluten- and Refined Sugar-Free Recipes for America's Favorite Dishes



Author:	Caroline Potter
ISBN:	9781624141720
Imprint:	Page Street Publishing
BIC Category:	Cookery for specific diets & conditions
Dimensions:	254 x 203 x 20
Binding/PP:	Hardback, 208 pp
Rights Countries:	Ireland & United Kingdom
Pub. Date	01 Nov 2015
Price:	GBP18.99
Illustrations:	Full Colour Throughout

Selling Points:

Grain- Gluten- and Refined Sugar-Free Recipes for Healthy, Timeless Twists on America's Favourite Dishes

Description:

Traditional American food gets a bad rap, but it doesn't have to be unhealthy. In All-American Paleo Table, Caroline Potter, the blogger and nutritional therapist behind Colorful Eats (colorfuleatsnutrition.com), presents healthy, grain, gluten, and sugar-free twists on classic American dishes. Whether readers have dietary restrictions or are just looking to make healthier meals and lose weight, this book has something for them. All-American Paleo Table makes nutritious ingredient swaps and gets creative with technique, texture and flair. The recipes range from savoury favourites like Smoked Ribs, Fried Chicken and Waffles and Sausage Stuffed Biscuits and Gravy to sweet favourites like Creamy Coffee Ice Cream, Peppermint Patties and Pumpkin Cheesecake. The large audience for All-American Paleo Table includes the people with both food sensitivities or restrictions and patriotic memories of food, people who need to eat healthy but don't want to sacrifice the foods that are so important to their American identity.

Author's Previous Books:

The Paleo Community Cookbook ISBN 9781624141409