

## The Recipe Hacker Confidential: Unlock the Secret to Cooking Mouthwatering Good-For-You Meals without Grains, Gluten, Dairy, Soy, or Cane Sugar



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### **Reviews**

*This pdf might be well worth a study, and a lot better than other. It really is simplistic but excitement inside the fifty percent in the book. Its been printed in an exceedingly straightforward way which is just after i finished reading this ebook through which really modified me, modify the way i believe.*

*(Derick Brekke)*

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BenBella Books. Paperback. Condition: New. 250 pages. Unlock the secret to cooking mouthwatering and nutritious meals without giving up your favorite dishes! In today's era of rampant food allergies, gluten-free popularity, and the rise of paleo eating, putting together a meal that will satisfy everyone at your table can be more complicated than computer science! With Diana Keulians unique approach for hacking recipes, however, you'll learn how to easily recreate beloved, traditional comfort foods without all the grains, gluten, dairy, soy, or cane sugar. In this long-awaited follow-up to *The Recipe Hacker*, *The Recipe Hacker Confidential* is bursting with more than 100 new recipes and stunning photos that will tantalize your taste buds while trimming your waist. The book is divided into five sections: Breakfast, Appetizers, Sides and Snacks, Main Dishes, and Desserts; each offering lighter versions of your favorite recipes such as: - Breakfast Pizza- Walnut-Raisin Rolls- Butternut Squash Spaghetti- Teriyaki Chicken- Braised Short Ribs- Snickers Bars- Chocolate-Glazed Donuts. Keulian spills all of her secrets on how to hack these recipes and many more while preserving the flavor, presentation, and enjoyability of each sumptuous dish. She also shares stories and musings throughout the book that will inspire, encourage, motivate, and propel you toward weight loss, improved health, and culinary happiness. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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