



The Flavor First Cookbook: Delicious Grain-Free, Lactose-Free and Refined-Sugar Free Meals From Our Table to Yours.

Robin Cox

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More than 110 delicious recipes gathered with flavor, freshness, and ease of preparation in mind, and mouthwatering photographs of every finished dish to whet your appetite and inspire you. Every recipe is compliant with the Specific Carbohydrate Diet and is grain-free, lactose-free, gluten-free and refined-sugar free - perfect for taking your life and health back. The Flavor First Cookbook recipes use readily available ingredients and simple cooking techniques to produce outstanding dishes you can serve every day. A one-week menu and shopping list with prep-day suggestions at the back of the book gives ideas for how to use the cookbook to create a flavorful and varied menu your whole family will enjoy. Some of the recipes include Cranberry Pepper Beef, Mushroom Herb Chicken, Grilled Mahi-mahi with Grapefruit and Avocado Salad, Pumpkin Pie Waffles, Mini Italian Frittatas, Avocado Huevos Rancheros, German Mocha Cake with Caramel Coconut Icing, Blueberry and Lemon Cupcakes, Double-Nut Figs, Country French Baked Beans, Brussels Sprout Hash with Shallots, Potluck Carrot Salad, Cauliflower Rice Tabbouleh with Tzatziki Sauce, Bean with Bacon Soup, Spring Green Minestrone, Milligatawny Soup and Mint Watermelon Sorbet.

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