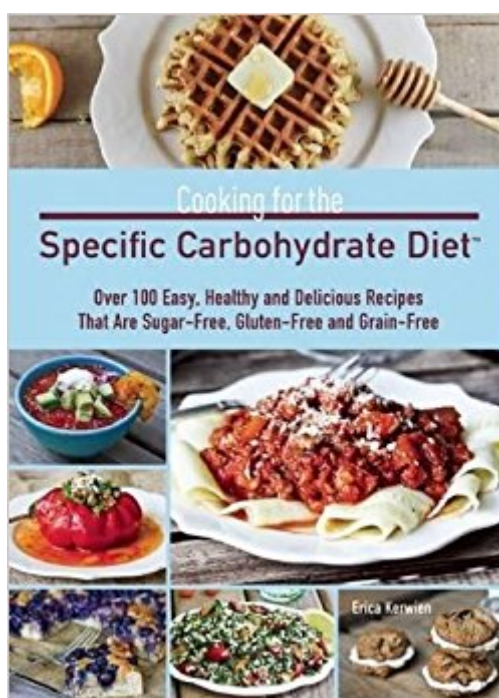


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# Cooking For The Specific Carbohydrate Diet: Over 100 Easy, Healthy, And Delicious Recipes That Are Sugar-Free, Gluten-Free, And Grain-Free



## Synopsis

DELICIOUS DISHES FOR A COMFY BELLY Do Crohn's disease, IBS, celiac disease, ulcerative colitis or other digestive issues keep you from enjoying your favorite foods? Then pick up this book and leave the pain and frustration behind. Cooking for the Specific Carbohydrate Diet provides over 100 belly-friendly recipes that please the palate while soothing your stomach, including: Blueberry Coffee Cake Cinnamon Raisin Bread Quiche Pizza Chicken Pot Pie Dirty Rice Butter Biscuits Kale Onion Tart Stuffed Bell Peppers Oatmeal Cookies Lemon Pound Cake Pumpkin Pie Cooking for the Specific Carbohydrate Diet also serves up tips for eating smart, healthy and even indulgently despite a sensitive stomach—all brought to you by popular Comfy Belly blogger Erica Kerwien. As a mom caring for a son with Crohn's, she has firsthand knowledge of what works and what doesn't for both taste and digestion.

## Book Information

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## Customer Reviews

Erica Kerwien is a kitchen chemist and writer. When one of her sons was diagnosed with an autoimmune disease called Crohn's disease, she set out to help him restore his health in the best way possible with food. Along the way, she discovered the Specific Carbohydrate Diet (SCD), which changed the way her family eats and cooks. Erica started the website Comfy Belly to track and share her recipes, and it has become a valuable resource for recipes that are

gluten-free, sugar-free, lactose-free, dairy-free, and grain-free.

LOTS of great-tasting and easy recipes. This and *Against All Grains* are my go-to books for SCD. I have to modify many of the recipes in *Against All Grains*, and some aren't safe at all for SCD, so I love LOVE that this book is specific to SCD!

Yes, when I first was told this is the diet to help me I thought 'oh no, it's the dirt. I can have dirt'. Sensing my serious addiction to wrong eating? Well, this book has made the way palpable if not good. (Ok, I now say I can have sticks and stones...hey, we're working on the bad eating/fav food problem). Might even convert me. Feel better easy to read/follow and convinced me there is a better way of eating out there.

Several months ago I was put on the SCD diet for my SIBO. So the first thing I needed to do was to learn to cook for myself and hopefully find recipes that my family would also enjoy. This book had good reviews so I started with this one. I have been so happy with this book. I have tried many recipes in this book and I have truly enjoyed all of her recipes that I have tried so far. My absolutely favorite recipe from her book is her grain free granola. I make a big batch and sprinkle it on yogurt or my salads. I also love her classic marinara, I make a big batch and freeze it in smaller portions. The table of contents categories are: About SCD, Basic Recipes, Small Bites and Snacks, Salads and Soups, Sauces Jams and Dips, Breads, Biscuits and Crepes, Vegetables and mock starches, Poultry Meat and Seafood, Sweet Treats. So as you can see the book has a little bit of everything! You will also find her website amazing: [...]. there it is full of more yummy recipes.[...]

I have found out that many of my friends have special diets from vegan, gluten free, dairy free and low carbohydrate. They have had digestive issues and just trying to get healthy, sometimes eating out and making food for them is complicated. The specific carbohydrate diet could really help heal your gut. This is a complete book with all the equipment, supplies, ingredients you need and this book tells you exactly which foods are on a specific carbohydrate diet. It has many recipes from crackers to a Crème Brûlée. This will give me more options this year for the holidays when baking for friends and family.

Lots of great, simple recipes in here! Good for beginners who are navigating the SCD diet

My doctor thought this diet would help with all my inflammation issues and arthritis. The book came quickly and has been a great help. I now cook things that taste good and are good for me.

I love love this cook book! I have been making Erica Kerwien's recipes for probably a year now. Her cookbook has very well thought out recipes. I especially love her sandwich rounds, banana bread, lemon pound cake, chicken pot pie, and cheesy onion biscuits. Her website, [comfybelly.com](http://comfybelly.com) has tons of amazing recipes. It's nice to have her cookbook because it has some recipes that are not on her website, and I also am happy to help support her since I love making and eating her recipes!

Excellent Product! Excellent service! Thank you!

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