



# Eat Well, Feel Well: More Than 150 Delicious Specific Carbohydrate Diet(TM)-Compliant Recipes

By Kendall Conrad

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## **Eat Well, Feel Well: More Than 150 Delicious Specific Carbohydrate Diet(TM)-Compliant Recipes** By Kendall Conrad

**More than 150 recipes that follow the Specific Carbohydrate Diet and help relieve symptoms of ulcerative colitis, celiac disease, diverticulitis, IBS, Crohn's disease, and more.**

When her daughter was diagnosed with a dangerous digestive problem that left her weakened and sick, author Kendall Conrad started searching for a way to save her child's failing health. The answer came when a nutritionist recommended the Specific Carbohydrate Diet (SCD). Created by Elaine Gottschall, this revolutionary program is extraordinarily effective in relieving the debilitating and often painful symptoms of ulcerative colitis, celiac disease, diverticulitis, IBS, Crohn's disease, and other common ailments. Simply by eliminating virtually all starch and complex sugars and eating a balance of smart carbohydrates, good proteins and fats, and essential vitamins and minerals, many people experience a complete restoration of digestive health. For Conrad's daughter, the results were incredible. Thrilled with her daughter's rapid recovery, she began creating recipes for delicious dishes for the whole family, following Gottschall's guidelines, without sacrificing an ounce of taste or variety.

In **Eat Well, Feel Well**, Conrad shares more than 150 recipes for quick and easy dishes for casual meals and elegant dinner parties alike. The appetizers and starters range from updated classics like Curried Deviled Eggs with Mango-Currant Chutney to such enticing, exotic fare as Thai Beef Salad with Papaya and Toasted Coconut and Egyptian Red Lentil Soup. Main course ideas include everything from Whole Roasted Red Snapper Stuffed with Fennel and Citrus and Ground Beef Chili with Navy Beans to kid-pleasers such as a simple Cheese Soufflé and Honey-Garlic Chicken Drummettes. Dozens of recipes for snacks, desserts, breakfast dishes, and beverages will help you integrate the SCD way of eating into your family's lifestyle with ease, grace, and creativity.

If you or someone in your family suffers from a digestive disorder, these wonderful recipes based on the Specific Carbohydrate Diet will revolutionize the way you eat.

Kendall Conrad appeared with Elaine Gottschall, the author of the global bestseller **Breaking the Vicious Cycle**, to share the story of her daughter's near-miraculous recovery from a dangerous digestive disorder using the Specific Carbohydrate Diet. She lives with her husband and their two daughters in Montecito, California.

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### Editorial Review

From Publishers Weekly

Although this cookbook, based on nutritionist Gottschall's "Specific Carbohydrate Diet," is geared toward people with thorny digestive problems like celiac disease or colitis, these recipes are tasty, simple and healthy enough to make you forget you're cutting out such staples as wheat, flour, milk and sugar. Fresh Spring Rolls with Spicy Chile Dipping Sauce are colorful little bundles of shrimp and mango wrapped in thinly-sliced cucumber, a compelling alternative to the usual deep-fried take-out version. Chilled Pea Soup takes about 10 minutes to prepare, but is creamy and decadent enough for a celebration. Aromatic Roast Pork Loin with Stewed Fruits is luscious, although the portion sizes are perhaps over-generous; the four-serving recipe calls for two pounds of meat. The author includes not only a handful of compelling wheat-free desserts-Lemon-Coconut Macaroons are particularly addictive-but also a list of exotic beverages such as spicy Blood-Orange Ginger Fizz and sweetly smooth Mango Lassi. The only drawback to this thoughtful, health-conscious collection is the lack of photographs or illustrations-although most of these recipes are straightforward enough that they beg no illustrating, only eating.

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### About the Author

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*From the Hardcover edition.*

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#### **pecan waffles with sautéed bananas and cinnamon honey**

Serves 8 to 10

Keep in mind that these waffles will cook a little bit faster than a flour waffle because of the honey in the batter. If you don't have a waffle iron, try using the batter for pancakes.

Top with toasted chopped pecans, if desired

#### **Ingredients**

#### **Waffles**

- 2 cups unsalted raw pecans
- 4 large eggs
- 8 tablespoons (1 stick) unsalted butter, melted, plus more for greasing the waffle iron
- 1/4 cup honey
- 1 1/2 teaspoons pure vanilla extract
- 1/2 teaspoon baking soda
- Pinch of salt

## **Sautéed Bananas**

- 1 tablespoon unsalted butter
- 1 teaspoon coconut oil or vegetable oil
- 3 very ripe bananas, sliced
- 1 cup honey
- 1 tablespoon ground cinnamon

## **To Make the Waffles**

Preheat a waffle iron according to the manufacturer's directions. Preheat the oven to 200°F.

In a food processor, pulverize the pecans until finely ground. Add the eggs, butter, honey, vanilla, baking soda, and salt, and blend well.

Grease the waffle iron using a partially wrapped stick of cold butter. Hold the butter by its wrapped end and rub the other end all over the waffle iron's cooking surface. Add 1/4 cup batter and cook for a few minutes, until golden brown. Set right on the oven rack to crisp up and keep warm while you cook more.

## **To Prepare the Bananas**

Melt the butter with the oil in a sauté pan over medium heat. Add the bananas and cook for about 6 minutes, turning once, until golden brown. Set aside.

## **To Serve**

Mix the honey and cinnamon until well blended.

Place the waffles on warmed plates, top with the bananas, honey, and serve.

*From the Hardcover edition.*

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#### **Jose Murry:**

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**Joe North:**

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**Erika Yoon:**

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**Shelia Tonn:**

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