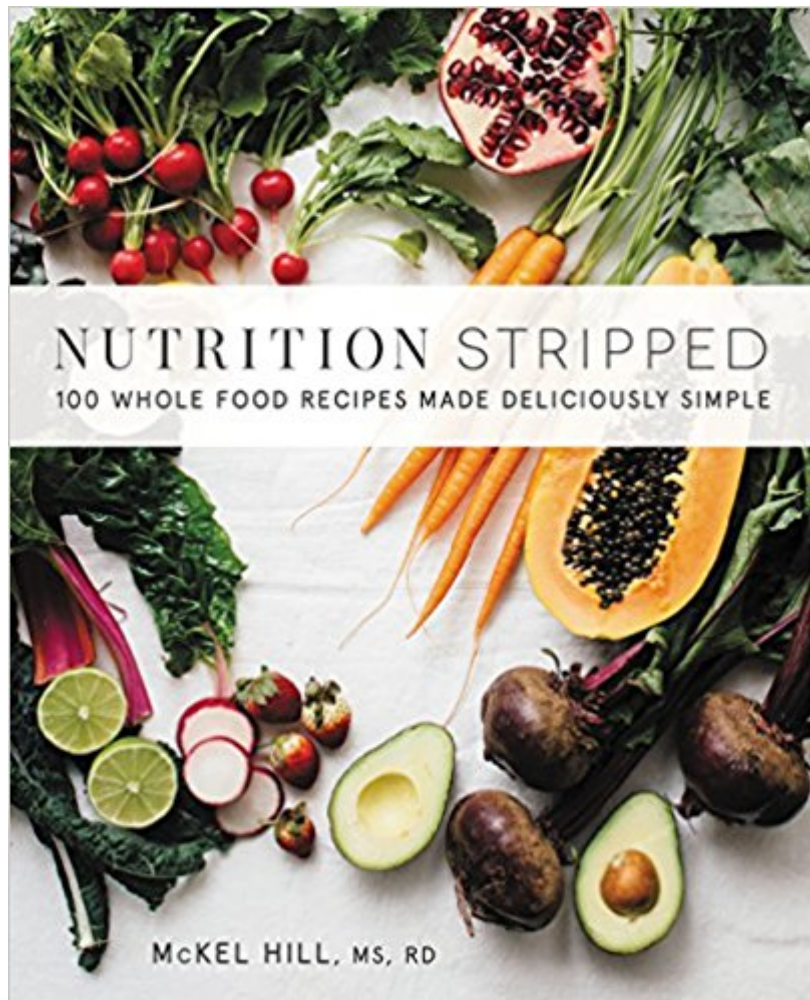




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Nutrition Stripped: 100 Whole-Food Recipes Made Deliciously Simple



Synopsis

Discover just how deliciously simple whole foods cooking can be with this essential cookbook, based on the popular Nutrition Stripped blog, featuring more than 100 exciting and good-for-you recipes and color photography throughout. Search the web and you'll find a variety of recipes from "health food" bloggers and "nutritionists." Yet many of these recipes often follow trends or fad diets. Now, McKel Hill, a Registered Dietitian Nutritionist and wellness coach, takes you back to bare basics to enjoy the amazing benefits and incomparable flavor of whole foods' "nature's true healthy bounty. Drawing inspiration from nature, the turning of the seasons, the world of plants, nutrient dense foods and hidden gems in the world of superfoods, Hill celebrates simplicity, and shares her vast professional knowledge and expertise in this practical and easy-to-use cookbook. But Nutrition Stripped isn't just an approach to eating—it's a lifestyle that will help you look, feel, and be your best. Whole foods cooking is the foundation of health and can be enjoyed no matter what your dietary preference, whether it's vegan, paleo, or gluten-free. Hill's whole food, plant-based recipes are gluten-free, dairy-free, and entirely free from processed food, yet all can be adapted to specific tastes and needs, making them realistic, approachable, global, and livable. Start your day with delights such as Turmeric Milk (the new green smoothie), Carrot Cake Quinoa Porridge, or Plantain Flatbread with Poached Egg and Honey. For dinner, feast on Beetroot Burgers with Maple Mustard or Carrot Gnocchi with Carrot Greens Pesto. And don't forget dessert—indulge with a mouthwatering slice of Raw Peach Tart with Coconut Whipped Cream or some Salted Caramel Brownies. Illustrated with beautiful, modern and minimalistic color photographs, Nutrition Stripped shows you how delicious and simple it can be to eat healthier with whole foods.

Book Information

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Customer Reviews

“Nutrition Stripped is a beautiful, clean and freshly composed book + a guide to living a colorful and vibrant life! Be inspired to cook more real + nutritious foods with McKel! • (Candice Kumai, leading wellness journalist, chef, and best-selling author of Clean Green Eats and Clean Green Drinks) “Not only are they delicious, but what really sets McKel’s recipes apart is that each one is backed by her extensive nutritional knowledge and research. Knowing I can trust that every single ingredient is McKel-approved makes it a no-brainer for me! • (Laura Miller, author of Raw. Vegan. Not Gross) “Best known for the anti-inflammatory turmeric milk recipe on her healthy living site, Nutrition Stripped, Hill offers elixirs and more in her first cookbook. With recipes for every meal, including dessert (!), Hill makes sure that all nutritional needs are covered throughout the day.” • (Booklist)

Based on McKel Hill’s popular healthful living website, Nutrition Stripped is the cookbook for anyone looking to enjoy the amazing benefits and incomparable flavor of whole foods’ true healthy bounty. Hill’s whole-food, plant-based recipes are gluten-free, dairy-free, and entirely free from processed food. Drawing inspiration from nature, the turning of the seasons, the world of plants, nutrient-dense foods, and hidden gems, Hill celebrates simplicity and transforms the purest of ingredients into recipes you have not seen before and will not be able to live without. Illustrated with beautiful, modern, and minimalistic color photographs, Nutrition Stripped shows you how delicious and simple it can be to eat healthier with whole foods.

There’s a lot I enjoyed in McKel’s cookbook. Her philosophy on eating whole and living a healthy lifestyle is well-written and packed with information. Her vegetarian/vegan/gluten-free recipes are full of flavor and all accompanied by a beautiful photo so it’s easy to see what you’ll be making. I think her tip on how to make juice without a juicer is probably worth the cost of this cookbook. It’s genius and so simple. However, there are a few things that keep Nutrition Stripped from being a 5-star cookbook for me. There are a few copy errors in some of the recipes I’ve noticed, like in the buckwheat pancakes when the reader is instructed to let the batter sit for a while to hydrate the oats, except there are no oats in the list of ingredients or mentioned anywhere else in the directions. A

number of the recipes rely on sumac to provide a slightly sweet-sour flavor to the dish, and if that's not something you enjoy, you're unlikely to enjoy those meals. It can be difficult to find what you're looking for in the index - I knew there was a butternut mac & "cheese" recipe after flipping through the pages, but when I went back to find it in the index, there wasn't a butternut or pasta listing; instead the recipe is indexed under cheesy noodles. So far, I've made a handful of the recipes from this cookbook and they've been okay, but none of them will be repeated. I was really excited to try the blackberry-sumac-sunflower seed muffins with citrus coconut cream, but they had a strange mousse-like consistency and texture from all the egg whites that wasn't at all what I or my guests were expecting, and the only flavor to come through was that of the sunflower seeds. No one could taste the lovely, expensive blackberries or the 2 tablespoons of orange zest in the batter. The winter citrus salad was better but entirely dominated by the sour flavor of the sumac. I like sumac, but I also like tasting the individual components in my salad. I'm still looking forward to trying dishes like the turmeric ebelskivers, the Moroccan millet salad, and the beet pizza, but my enthusiasm has been a bit tempered by what I've tried thus far.

This book was referenced in several magazines and blogs I subscribe too; and as an avid collector of cookbooks in the health / vegan/ raw food categories; decided to purchase having previously been unaware of the author's blog. I found it to be a great -easy to follow book - packed full of advice, beautiful photography and most importantly good recipes. The book begins with an introduction about the author, her food philosophy, kitchen essentials, and a very comprehensive grocery list that you could copy and take with you as it has boxes to check off as you buy. There is a very useful guide to plant based protein - as someone who loves to workout but struggles to get enough protein in my diet, this was an essential guide for me. Then basics - making nut butter, milks, dressing - the author's guides to seeds, beans, flours, making vegan cheese - all very useful and notably simple to follow. The recipes follow - drinks; juices, nut milks, tonics, potions and elixirs and I was excited to see so many new and innovative ideas, not the done to death green smoothie. Then a breakfast including smoothies - and this goes from simple such as cereal and pancakes to the complex donuts. Small bites has everything from kale chips to super easy and portable energy seed truffles; salads follow and I already love the winter citrus grain salad as it's easy to make and a great high protein lunch I can take with me to work - the melon . Fennel salad is also a standout. Soups are featured next - with everything from pho to a spicy carrot / cayenne concoction. Again not your run of the mill ideas which is great! Suppers are of course the most complex but what I did like was easy to source

ingredients - this book does not feature many weird things you would have to hunt down! As someone who had made ricotta I was excited to try the vegan version and it's really rather good, the raw nut burritos are simple, easy to make and delicious and I tried out the cheesy noodles on my Mac n cheese loving kids and they ate every bite!! Some things do require some technique like the home made gnocchi and pizza crusts, but others are simple and quick to prepare. The book then features a wide and eclectic range of sides, and of course finishes with desserts - cakes, ice cream, and tarts - something for everyone and every level of home cook. The end covers practices and plans to make healthy eating a life long habit and is packed with tips, ideas for batch cooking, meal planning and finally - something not often seen - but a guide to nutrients including what they do and how to source them from food! This is a great book and invaluable guide to anyone looking to begin a healthy plant based lifestyle. or someone looking to expand their recipe collection with ideas that are truly new, delicious and inspiring ! Love this book! The only reason I gave it 4 stars, is the cover is a little flimsy and I worry will not hold up to the extensive use I plan for this book.

I was recently diagnosed with pre-diabetes, and was looking for a cookbook that could help me reverse it. As I was already a part of the Nutrition Stripped community, McKel's book is just perfect! I love this book! As a Foodie, Novice Chef, and Artist, this book appeals to all my needs! Awesome Book! Thank you! Heidi

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