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The Art Of Healthy Eating - Savory, Sweets And Kids



Synopsis

3 BOOKS IN ONE! I have combined my three best cookbooks (Savory, Sweets and Kids) into one amazing cookbook. There are hundreds of amazing and innovative recipes. 336 pages in all in a beautiful hardcover that will last a lifetime. Choosing a healthy lifestyle doesn't have to mean a lifetime of deprivation. This book is the combination of three of my best selling cookbooks. It is filled with mouth-watering foods and nutrition facts that demonstrate how eating healthy can be an expression of art. Included are recipes for your favorite comfort foods like pasta, lasagna, risotto, calzones, sushi, clam chowder in a bread bowl, baked brie, chicken pot pie, chili cheese "fries", tomato basil sandwich wraps, pizza, tortillas, and many more. There are also lots of valuable tips and tricks to help one along the journey of learning how to eat as an art. These three books retailed for \$75 previously.

Book Information

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Customer Reviews

3 BOOKS IN ONE! I have combined my three best cookbooks (Savory, Sweets and Kids) into one amazing cookbook. There are hundreds of amazing and innovative recipes. 336 pages in all in a beautiful hardcover that will last a lifetime. Choosing a healthy lifestyle doesn't have to mean a lifetime of deprivation. This book is the combination of three of my best selling cookbooks. It is filled with mouth-watering foods and nutrition facts that demonstrate how eating healthy can be an expression of art. Included are recipes for your favorite comfort foods like pasta, lasagna, risotto, calzones, sushi, clam chowder in a bread bowl, baked brie, chicken pot pie, chili cheese "fries", tomato basil sandwich wraps, pizza, tortillas, and many more. There are also lots of valuable tips and tricks to help one along the journey of learning how to

eat as an art. These three books retailed for \$75 previously.

This cookbook is really not something I would recommend. The recipes are very poorly written both ingredient lists and instructions. I have made items that take three times as long to bake or cook as instructed. The instructions are often very confusing. That being said, I'm a creative cook; I can take the recipes and make adjustments easily. But I didn't buy them for that. In the end, it encourages people to buy Maria's newer cookbooks which are MUCH better - delicious and helpful.

This is the best of her self published books. The formatting is a little odd but she has so much good stuff to say. Tons of ideas. Of course her newer books are professionally formatted and published so flashier but if you like her work this is great. I really appreciate the desserts. In this volume some are in the kids section because it's Maria when she wasn't quite so strict such as she has become really minimal w coconut and almond flour. I personally occasionally make a dessert that is a little less strict than the rest of the way that I eat. These recipes have earlier ideas of hers and include stuff like fermented soy Sauce. She also still believed in flax seed and psyllium here and had not figured out her amazing egg bread yet. Anyway if u love Maria you will find some gems in here. If you are new to Maria I Wd start w her most current work and go backward in time. I love love love love Maria's work. It has made such a difference to me both health wise and cooking wise.

I love this cookbook. If you are looking for good ideas for healthy, fat satiating recipes for your family, this is it. There are a lot of great low carb recipes for everyone. Be prepared for purchasing different sweeteners, and other lower carb alternatives, if you intend on baking treats. If you have been in the gluten free, low carb, paleo, whole foods, bandwagon for any time, none of those things will be a surprise for you though. I have to admit, directly after I clicked 'confirm order' on , I had some buyer's remorse, thinking I had picked the wrong cookbook. After receiving it, I was so glad I did. Take note this is not DAIRY FREE, but she gives DAIRY ALTERNATIVES for you. I will review again once I have made a few of the recipes, but I like it so much just looking at it that I had to give an initial review.

The recipes I have tried have been very good, and I'm a fan of those. The three stars is because the binding began coming undone almost immediately, and the book keeps losing pages. For \$30, I do not want to have to pay to re-bind a cookbook, no matter how good the recipes.

This book is good to read and learn new recipes but is so bad quality!! I haven't finish reading and pages are all falling down.. completely bad edition! Pity. Nothing new in it.

This book is one of my go-to books for everyday cooking. Maria keeps you on track with bits of health info on many of the pages along with great recipes. You know what you're putting in your food and why you are using the ingredients she suggests. It's very educational and yummy!

This is a great combo book with lots of recipes that look awesome. I can't wait to try them out! My 5 year old daughter was also happy to find desserts and dishes that she would like to try.

I absolutely adore Maria Emmerich. Her recipes are absolutely amazing. I am not exaggerating when I say that her books are life-changing; I love them all. I make several of her recipes each weekend and keep them in the fridge to help me stay on target all through the week. If you are low-carb, keto, or paleo, you will love the recipes. Maria also has an amazing website with new recipes posted several times a month. With these recipes, I have finally been able to break through and commit long-term to the lifestyle. Bless you, Maria!

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