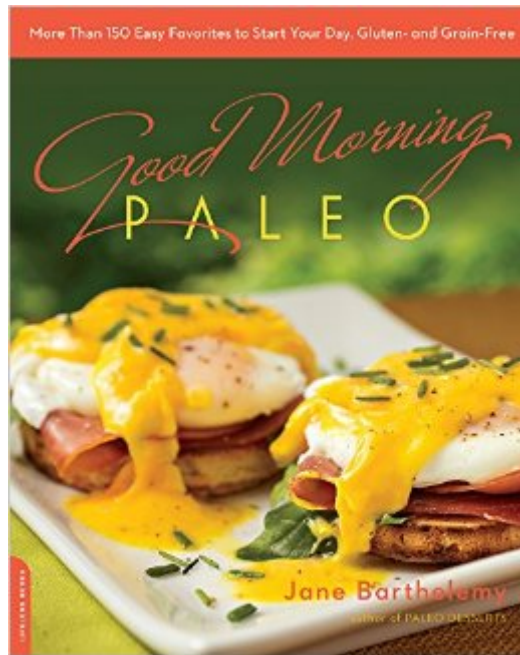


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# Good Morning Paleo: More Than 150 Easy Favorites To Start Your Day, Gluten- And Grain-Free



## Synopsis

Start your day the Paleo way A good breakfast has long been touted as the secret to a great day. But if you're following a Paleo diet, traditional favorites like English muffins, yogurt, oatmeal, toast with jam, and treats like pancakes, waffles, and blueberry muffins are off the menu. Now, Jane Barthelemy, the author of *Paleo Desserts*, has whipped up more than 150 healthy, luscious, low-carb replacements free of gluten, grain, dairy, and refined sugar. Created to give you greater energy without hunger pangs, feelings of deprivation, or a crash later in the day, these recipes are nutrient-dense and free of the sugar and chemicals that trigger cravings and weight gain. You'll find everything from homemade staple ingredients, such as non-dairy milks and nut butters, to grain-free breads, cereals, and muffins, as well as smoothies, egg- and meat-based hearty breakfasts, and grab-n-go goodies; and they're all made with real foods: fresh vegetables, tart fruits, unprocessed meats, nuts, eggs, and refined oils. With recipes for Paleo versions of your favorite breakfasts, including: English Muffins, Banana Bread, High-Protein Chia-Crunch Granola, Chocolate Brownie Superfood Waffles, Blueberry Lemon Muffins, Bacon Cauliflower Hash with Eggs, Cauliflower Tater Tots, Cowboy Baked Eggs, Mushroom Cheese Souffle, Spinach and Feta Quiche, Wild Salmon Cakes with Sour Cream, and many more. With egg-free, tree nut-free, and meat-free options, as well as recipes that work with diabetic- and candida-friendly diets, *Good Morning Paleo* will give you healthy, nutritious fuel to keep you going strong throughout your day.

## Book Information

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## Customer Reviews

You know how important breakfast is for nutritional purposes, but it's hard to find breakfast foods that aren't loaded with wheat flour, sugar, and other ingredients that pose problems for those on carb-restricted and gluten-free diets. Following up on her successful book *\_Paleo Desserts\_*, Jane Barthelemy offers up a plethora of healthy, low-carb, gluten-free and vegetarian-friendly possibilities in this book. You'll learn to make breads, muffins and tortillas without using flour or sugar that taste as good as or better than their commercial counterparts. There are great recipes for breakfast smoothies, a tapioca-like pudding made with chia seeds and fruit, as well as all kinds of pancakes, waffles, and other griddle favorites. Many of these recipes also make great brunch, lunch and dinner dishes -- for example, the Chicken Adobo -- and some can be adapted for dessert. The recipes I've tried are delicious; if you've been missing breakfast foods like pancakes, muffins, breakfast burritos and eggs Benedict, you'll appreciate the alternatives in this book. The instructions are clear and easy to follow, but you must follow them exactly to get the desired results, at least until you get the hang of cooking with non-mainstream ingredients. One caveat: many of the ingredients necessary to make these recipes are expensive. However, the author often gives directions for making more than you need and freezing the rest for later use, so you will get value from the recipes in the long run. I also wish the author had posted carb counts for each recipe. On the whole, though, these are minor issues. If you've been feeling deprived because you can't eat ordinary breakfast foods anymore, give this book a whirl; you'll look forward to breakfast again.

I don't usually like to make comments or reviews. But this book deserves a special place on everyone's kitchen, simply because it's practical and different. There's no other book like it. The high-protein coconut milk is delicious, plus it's gmo-free and dairy-free for pennies a glass. I've stopped buying expensive store-bought milk in cartons, as I prefer the flavor of homemade milks that are highly nutritious and I can make in minutes. There are make-ahead instructions to save time on breakfasts, like the Pecan Waffles. They came out amazing, so I froze leftovers and pulled them out a few days later, heated them briefly, and whoosh they were gone! The Fluffy White Bread has only 4 ingredients, easy to make and makes great sandwiches. I look forward to trying all the recipes. Thanks Jane!

I felt like this book was written specifically for me. It has opened up an all new world for food for me. I found out based on lab tests I needed to go gluten free in July of 2014 & also I am being treated for Candida for which I have gone on a 50-100 gram carb diet with limited fruit. I pretty much believed that that would mean no crackers, bread, tortillas or pasta ever again. No so with the

recipes in this book. The bread & muffins are very nutrient dense & taste wonderful. I actually like the bread better than wheat bread. This book opened my eyes to the world of coconut. One of my favorite treats during the holidays is oyster stew, even though I did not get the recipe from this book it gave me the idea to make it with full fat coconut milk, 1 quart fish stock, clam juice.. For those of you that like oyster stew this was better than any recipe that I ever used with cows milk base. Now I am going to experiment making it with lemon grass & curry. The information that Jane has in this book about nut is like gold. Last night I made the pumpkin muffins with streusel topping, they could have been purchased from high end bakery they were so good. I think Jane is brilliant.

I got this book hoping it would give me more ideas for paleo breakfasts, which it did, but the recipes are not for the casual cook, nor for everyday use. I am an experienced cook. I make breakfast for my family every day, unless we have leftovers. Even on the busiest mornings I manage to turn out bacon and eggs and most days I do considerably better than that. I'm telling you this so that you will understand that I know my way around a kitchen, so when I say these recipes are too complicated for everyday use, I mean it. After going through the book carefully, I decided to make her zucchini 'bread.' I laid out everything the night before, ingredients, utensils, etc, despite my misgivings. Then I ended up finding another recipe the next morning because hers was too complicated to follow first thing in the morning. My other complaint about her recipes is that they call for too many ingredients (sometimes a dozen or more!) and many of them are rare and expensive. That said, I did make a couple of her recipes on weekends, and they were really good, but not enough to justify the extra time, effort, and expense when compared to similar recipes.

My first recipe was Scrambled Eggs with Cheese, supposedly ready in 10 minutes or less. Yes, she wasn't kidding. It was on the table in 5 minutes. My wife and kids loved it, Paleo, dairy-free and all and I felt fortified to try the Cowboy Baked Eggs, which turned out great. The book has a huge variety of breakfasts with every flavor imaginable. My family likes Southwest recipes such as Bacon Chili Cornbread, Quesadillas, and Beef Fajita with spicy cheese sauce, which I thought would be impossible in Paleo. Yet Jane figured out how to make them Paleo, with a taste almost identical to the original. This is a great book for anyone wishing to eat healthy breakfasts that are nutritious, low in carbs, and really delicious.

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