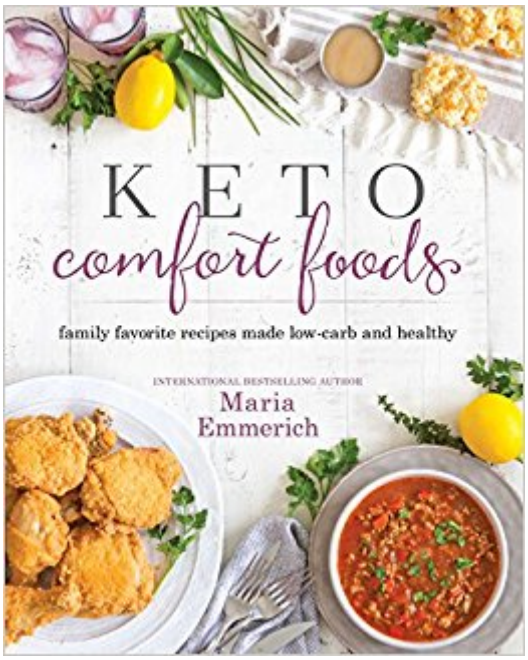
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# Keto Comfort Foods




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## Synopsis

The ketogenic diet is all about nourishing and healing your body with nutrient-dense whole foods, as international bestselling author Maria Emmerich has demonstrated in her previous books, including The Ketogenic Cookbook (with Jimmy Moore) and The 30-Day Ketogenic Cleanse. But food is more than just nourishment; food is tradition, food is love, and most importantly, food is a celebration. The mere thought of eating a particular meal or the smell of a favorite childhood dish can evoke positive memories, whether itÃ¢â ¬â„¢s a simple Sunday dinner with family or a major life event. When you begin following the ketogenic diet, whether your goal is to promote weight loss, improve blood markers, or just enhance overall health and well-being, itÃ¢â ¬â„¢s easy to forget to enjoy food. Some people fall into a drab routine of consuming the same dishes over and over, which can lead to boredom and frustrationÃ¢â ¬â •and ultimately to the desire to fall back into old, poor eating habits. With Keto Comfort Foods, Maria Emmerich reassures everyone on the keto diet that it isnÃ¢â ¬â„¢t difficult at all to recreate those favorite foods and meals in healthy waysÃ¢â ¬â •you just need to use a little creativity. By using clever low- or no-calorie substitutions for sugar and scrubbing all recipes clean of gluten-containing additives, Maria has created an incredible resource for comforting home-cooked meals that are safe enough for everyone in the family and delicious enough for the most discerning eaters. These recipes are sure to become new family favorites! In Keto Comfort Foods, Maria Emmerich has compiled her most soul-warming, happiness-invoking recipes. The bookÃ¢â ¬â„¢s more than 170 tantilizing, hearty comfort food recipes include everything from cinnamon rolls to steak fries, and from chicken cordon bleu to tiramisu cheesecake. Maria has covered all the bases, giving you the recipes and tips you need to make delicious and healthy versions of your favorite dishes.Ã Â

## Book Information

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## Customer Reviews

Maria Emmerich is a wellness expert in nutrition and exercise physiology. She is the author of several cookbooks and three nutritional guidebooks, including the global bestsellerÃ Â The Ketogenic CookbookÃ Â andÃ Â Quick & Easy Ketogenic Cooking. MariaÃ¢â ¬â„¢s blog, mariamindbodyhealth.com, offers a unique combination of innovative recipes using alternative ingredients to less-healthy options and easy-to-understand explanations of why these options are better for our health.  MariaÃ¢â ¬â„¢s success stems from her passion for helping others reach and sustain optimal health through programs and education that work on a personal level. She understands the connection between food and how it makes us all feel inside and out. Her specialty is brain chemical neurotransmitters and how they are affected by the foods we eat. After struggling with her weight throughout her childhood, she decided to study health and wellness so she could help others who are discouraged by their appearance and do not feel their best. The nutrient-rich, relatively high-fat dietary approach that she developed for herself and the exotic, little-known replacements for typical high-glycemic starchy foods and sugar are what finally gave her total peace with food, something she never imagined possible.

So far I have every one of Maria’s books to date. We keep buying her books because of how EASY, Simple and TASTY her recipes are. You don’t have to be Keto to enjoy her dishes. We have made meals from her books for family and friends and we have yet to have someone not like one of her meals.People who eat sugar don’t taste that it is different. And many ask for the recipe, make her dishes regularly or have turned around and just purchased her books outright. That said, these books make following a keto lifestyle much easier. the recipes are quick and easy. There are not a ton of crazy ingredients you need to find especially if you are already eating the lifestyle. I have a tough crowd at home to feed, (4 and 5 year old) and They specifically ask for "Maria" meals. Thank you for another outstanding addition to my collection.I haven’t had the book for very long but here are the recipes i have made from the book so far. Her bone broth, Flappers pancakes that are super fluffy and closest i have tasted so far to regular pancakes. her keto bread which i have found much easier to cook on a flat cookie sheet and then cut into 12-16 squares, it makes for a much easier sandwich bread slice and even. Her creamy chicken Picante, glazed chocolate donuts, Persian Hot chocolate OMG YUMMY! add the butter. soo good!!! And her bacon poppers. Seriously so far

everything has been fantastic. I don’t know how we would do it without Mrs. Emmerich. We have felt better in one week healthwise than we have in a very very long time.

I got this hoping to make more creative dishes outside the usual bacon, eggs, and cauliflower dishes I typically make. Keto is great, but sometimes it’s hard to know what to make next. When I received Keto Comfort Foods, I was blown away by how many delicious recipes there were. I could make a new recipe every other day and make it through the year. On top of that, all the foods that make me weak, like fried chicken or chocolate muffins, are ketofied in here.Besides the food, the nutritional information in here is also very useful. Each recipe has the macronutrient profile including calories, fat, protein, carbs, and fiber, which is really helpful in making sure I reach my daily goals. If you’re not a numbers person, the recipes even have a meter rating of "low" to "high" keto. There is also an easy to understand explanation of the sugar alternatives, erythritol and stevia.Pros:- Almost 200 recipes- Useful macronutrient information- Easy to follow recipes- The food so far are delicious (I’ve made fried chicken, chocolate muffins, browned butter cheese fondue)- The recipes are fairly easy to make and don’t require a culinary degree- A useful recipe index in the back to easily pick a recipe to tryCons:- Too many decisions on what I should make next.

"Keto Comfort Foods" is the third cookbook I’ve purchased of Maria’s. Here is why they are my first go to cookbooks and I love them. The format is clean and crisp. Each recipe has a photo and the nutritional content for those of us following the ketogenic WOE. It works for Wheat Belly, LCHF, ketogenic, Paleo and anyone else following a clean eating style of living. The recipes are excellent. I love her basic condiment recipes as well. I no longer go to the store to buy packaged sauces, dips, mayo, etc. Now here is the best kept secret of all of Maria’s cookbooks (especially for all you visual people out there)...at the end of the book, she has this wonderful section that has a photo of every recipe presented by category. IE: Main Dishes, Breakfast, etc. As I’m trying to decide what meal to make, I can browse through the section and find the photo that appeals to me, see the page number and name of the recipe for quick reference. Then off to the kitchen! Supper tonight is Steak Frites with Bearnaise Sauce and tomorrow for a nice Saturday BBQ, we’re having the BBQ Pulled Pork Sandwiches with Wilted Bacon Slaw!!

This is the 5th keto cookbook that I’ve ordered of Maria’s. (Updated)Things I love about the book:*has a brief intro at the beginning with some information about ingredients.*an intro about how to read the recipes (i.e - whether it is nut, dairy or egg free or whether there is an option to make it

that way)*a couple of the recipes have the nutritional information for various ways of making it (ie. without the sauce)*every recipe has nutritional information plus a meter that tells if the recipe is Low Med or High ketogenic*beautiful pictures*a list of the recipes with pictures at the back of the bookAs I mentioned, this is the 5th book that I've purchased from this author and I've found no repeat recipes in this book (except the bone broth and keto buns) from any of the other books. In fact, I just made a Blue Cheese salad dressing which was delicious (from the Quick and Easy book) and there is a different Blue Cheese Dressing recipe in this book as well.I've already tabbed a bunch of the pages to make recipes in the near future. Some of the recipes that I've tabbed are:*Beef stew (delicious and freezable)*Scalloped Fauxtatoes (delicious)*Chicken and gravy cobbler*BBQ chicken lasagna*BBQ Pulled pork sandwiches with bacon slaw (Very good- needed a bit more to the sauce for my palate so I added low sugar bbq sauce)*Chicken Pot pies ( even better the second day. I plan on making a bunch and freezing them)*Schnitzel (Very good alternative to the breaded version)*Maple Bacon Ice cream*Death by Chocolate Cheesecake* Blt stuffed mushrooms ( definite hit- I just made them two days ago and I already bought more mushrooms to make them again)*Clam chowder (I'm eating this right now. Very delicious)*Sunday pot roast*** Pictured below (Scalloped fauxtatoes, Schnitzel, chicken pot pie, my tabbed book, Blt stuffed mushrooms, clam chowder).Maria definitely does not disappoint with her recipes. I plan to buy her next book as well.

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