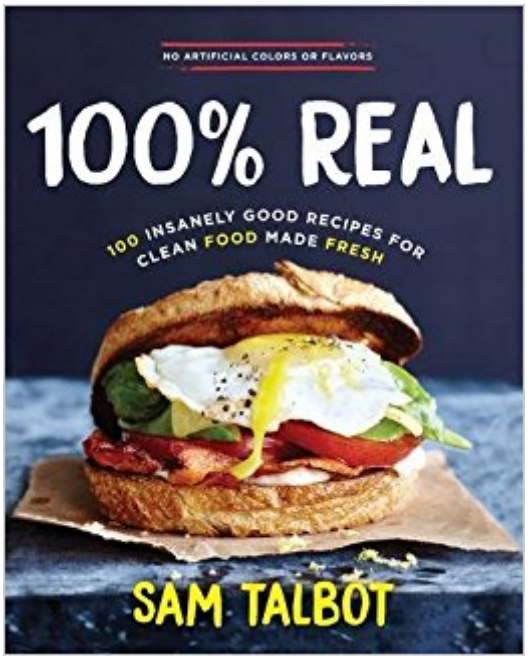
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100% Real: 100 Insanely Good Recipes For Clean Food Made Fresh



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Synopsis

Celebrated chef and healthy-living expert Sam Talbot shows us how to make wildly delicious, nourishing food--using healthy, wholesome ingredients.Bursting with 100 whole-food recipes and down-to-earth advice about clean eating, this cookbook proves that eating 100% real food is an enjoyable choice you can make every day. Chef Sam Talbot's nourishing dishes are overflowing with natural flavor and free of processed ingredients, questionable additives, sweeteners, or preservatives.Packed with vibrant personality and more than 150 photos, this cookbook is a real-world guide to un-junking what we feed ourselves and our children. Sam explains how to find seasonal ingredients and offers tips on stocking your pantry with game changing ingredients, like coconut oil and chickpea flour. Forget fat-free, zero trans-fat, and the like--the hottest new food claim is not needing a claim at all. Eat. Real. Food. Simple as that!

Book Information

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Customer Reviews

View larger Sweet Potato Hash Brown Open-Face Sandwich Serves 4; dairy-free Is it lunch or is it breakfast? Get ready because waffled hash browns are about to become your new favorite thing. Topping with ham and veggies makes this a satisfying and complete meal. 1. Preheat a waffle iron to High. Combine the grated sweet potato, onion slices, flour, 1 tablespoon coconut oil, egg, and Ãƒâ Ã Â teaspoon of the salt in a medium bowl. Grease the waffle iron with coconut oil, and place about 1 Ãƒâ Ã Â cups of the sweet potato mixture in the center of the waffle iron, spreading the mixture to create a 6-inch square. Close the waffle iron, and cook until browned and

tender, about 13 minutes. Remove the waffled sweet potato has brown, and repeat the procedure to make 3 more hash browns. 2. Whisk together the olive oil, vinegar, mustard, maple syrup, and remaining Ãƒâ Ã Â teaspoon salt in a medium bowl. Add the shaved Brussels sprouts; toss to coat. Let stand until the sprouts are tender, about 10 minutes. Fold in the cranberries. 3. Put 1 hash brown on each plate. Top each with 2 ounces ham slices and about 2/3 cup Brussels slaw. Recipe from 100% REAL by Sam Talbot. 2017 Time Inc. Books. Ingredients 2 medium-size sweet potatoes (about 20 ounces), peeled and grated 1 cup thinly sliced yellow onion 3 tablespoons brown rice flour 1 tablespoon coconut oil, melted, plus more for greasing waffle iron 1 large egg, lightly beaten 1 teaspoon kosher salt 3 tablespoons olive oil 2 tablespoons apple cider vinegar 2 tablespoons Dijon mustard 1 teaspoon pure maple syrup 8 ounces Brussels sprouts, shaved 1/3 cup dried cranberries 8 ounces nitrate-free reduced-sodium thinly sliced cooked ham

View larger Sam TalbotÃƒÂ¢Ã â ¬Ã â„¢s 100% Real Pantry Must-Haves Here are some game-changing substitutions I use in place of the 'traditional' choices for the staples of cooking and eating. Many of these subs are gluten-free, sugar-free, and dairy-free. YouÃƒÂ¢Ã â ¬Ã â„¢ll lose absolutely nothing in taste and will gain substantially in real-food goodness. White Flour: chickpea, coconut, and brown rice flours. Sweeteners: coconut sugar, date sugar, maple syrup, and raw honey in place of processed sugars. Canola Oil: olive oil, coconut oil, grapeseed oil, and nut oils. Cheese: butternut squash, avocado, and almond cheese. Red Meat: mushrooms, chickpeas. Dairy Milk: unsweetened almond, cashew, coconut, and hemp milks.

View larger Vegan Chocolate Chip and Salted Chili Cookies Makes 3 dozen cookies; vegan These scrumptious cookies put sweet and savory together in the best way. 1. Preheat the oven to 350Ãƒâ Ã Â F. Line 2 baking sheets with parchment paper. 2. Whisk together the flour, baking soda, chili powder, and salt in a bowl. 3. Combine the coconut and date sugars, coconut oil, cider, and applesauce in a bowl. Beat with an electric mixer at medium-high speed until well blended. Gradually add the flour mixture, beating at low speed just until blended. (If the dough looks dry, beat in 1 to 2 tablespoons almond milk or water, a little at a time, just until the dough comes together.) Stir in the chocolate chips. 4. Drop the dough by rounded spoonfuls onto the prepared baking sheets, 2 inches apart. 5. Sprinkle the dough with the sea salt. 6. Bake in preheated oven, in batches, until the edges are set, 10 to 12 minutes. Cool the cookies on wire racks. Recipe from

100% Real by Sam Talbot. 2017 Time Inc. Books. Ingredients 2 cups (about 8.5 ounces) organic flour 1 Ãƒâ Ã Â teaspoon baking soda 1 Ãƒâ Ã Â teaspoon smoked ancho chili powder 1 Ãƒâ Ã Â teaspoon fine sea salt, plus more to finish 1 Ãƒâ Ã Â cup coconut sugar Ãƒâ Ã Â cup date sugar Ãƒâ Ã Â cup coconut oil Ãƒâ Ã Â cup organic apple cider 2 tablespoons applesauce or apple puree 1 to 2 tablespoons almond milk or water, if needed 1 Ãƒâ Ã Â cups dark chocolate chips (70% cacao)

Sam Talbot is a chef, author, philanthropist and TV personality. A fan-favorite on Bravo's Top Chef, Talbot was the founding Executive Chef of the Surf Lodge in Montauk, NY and Imperial No. Nine at the Mondrian SoHo. He is the chef and owner of Pretty Southern restaurant in Brooklyn, NY and a co-founder of Beyond Type 1, a nonprofit organization focusing on the diabetes community.

Every recipe I've tried has been remarkable. I love when clean food tastes great!!!

As a diabetic I loved these innovative and exciting (visually and tasting) recipes

Love the recipes in this book - awesome!!

hilarious and relatable read!

I love this cookbook!! Healthy recipes that all look amazing and far from bland. My only complaint with this book is that when they give you a list at the beginning of the book of things to stock your fridge and pantry with.... they mean it! These ingredients are used in almost all recipes and are not things I normally keep in my house. Which I guess tells you how much I need this cookbook to help me start cooking with more real and healthy foods! Time to grocery shop before I can try anything in this book!

Great Fun ! But a lot of items hard to find!!

Had a couple recipes already & i can tell THIS book will be VERY popular when i organize my meals to cook.

So far, the recipes I have tried from this book are amazing. The only reason I didn't give it 5 stars is

that I was very disappointed that a cookbook written by a type 1 diabetic did not include carb counts! Yes, we can figure it out ourselves, but it would have been nice to have it included.

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