



# Eating Purely: More Than 100 All-Natural, Organic, Gluten-Free Recipes for a Healthy Life

By Elizabeth Stein

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## Eating Purely: More Than 100 All-Natural, Organic, Gluten-Free Recipes for a Healthy Life By Elizabeth Stein

**Good health begins with what you put in your body. When you eat better, you feel better. It's that simple.**

A few short years ago, Elizabeth Stein could be found in her tiny Manhattan kitchen searching for a way to make gluten-free and vegan products that tasted great and weren't overly processed. Working with ingredients such as chia seeds, flax, hemp, and coconut sugar, Elizabeth successfully developed recipes that were all-natural, non-GMO, gluten-free, and diabetes friendly. These recipes helped her form Purely Elizabeth, an award-winning line of products that can be found in more than 1,500 stores.

*Eating Purely* is a collection of Elizabeth's favorite recipes, which she has made for family, clients, and friends over the years. The recipes are healthy, easy, and delicious—and at times even indulgent. *Eating Purely* is focused on cooking with whole foods that are naturally gluten-free, nutrient rich, free of refined sugar, and mostly vegetable based.

These recipes are centered on Stein's five Eating Purely Principles, which will leave you feeling healthy and purely radiant. These principles are:

Eat Whole, Clean Foods  
Focus on Plants  
Add in Nutrient-Rich Ingredients  
Kick Inflammatory Foods to the Curb  
and Practice the 80/20 Rule.

*Eating Purely* includes more than one hundred fun and approachable recipes, ranging from brunch and salads to vegetarian mains and seasonal menus to celebrate with family and friends.

Throughout *Eating Purely*, Stein also shares personal stories on health, exercise,

family, entertaining, and starting her own natural foods company. Interwoven throughout the book is what Stein calls “the purely scoop”—time-saving cooking tips, benefits of ingredients used, resources for buying foods, and food and wine pairings.

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We’ve been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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### Editorial Review

#### Review

“I love the philosophy of Elizabeth’s Eating Purely Principles, which make healthy eating accessible to all. The recipes in the cookbook are easy to prepare, creative, and totally delicious . . . plus, they are purely healthy.” —Bobbi Brown, COO, Bobbi Brown Cosmetics

“Elizabeth’s cookbook is a beautiful reflection of her healthy and delicious products. If more people started eating purely, the world would be in a much better place. We are so proud that she’s a graduate of our Health Coach Training Program!” —Joshua Rosenthal, founder, director, and primary teacher, Institute for Integrative Nutrition

“Elizabeth created the first gluten-free, superfood-packed, commercially distributed granola that doesn’t compromise taste. But it’s not just about food, and if anyone gets it, it’s Elizabeth. It’s about going for your dreams, being gentle with yourself, moving with ease, and eating whole foods. *Eating Purely* is a treasure chest of pure, creative recipes and healthy pantry tips that everyone in your family will love!” —Ksenia Avdulova, founder and chief superfoodie, *Breakfast Criminals*

#### About the Author

**Elizabeth Stein** is the founder and CEO of Purely Elizabeth, an all-natural and organic food company. Stein launched the company in October 2009 with a goal to create the most delicious gluten-free products made with innovative, nutrient-rich ingredients. She is a certified holistic nutrition counselor with a background in business marketing from Boston University. She resides in Boulder, Colorado. Visit her website at [purelyelizabeth.com](http://purelyelizabeth.com).

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Reading a guide tends to be new life style within this era globalization. With looking at you can get a lot of

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