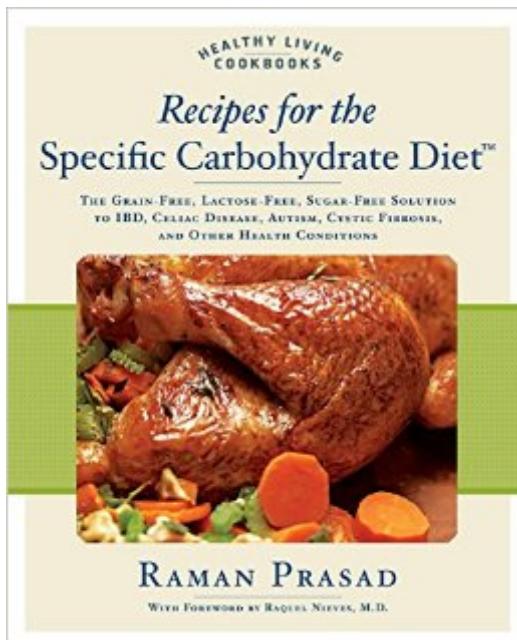


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# Recipes For The Specific Carbohydrate Diet: The Grain-Free, Lactose-Free, Sugar-Free Solution To IBD, Celiac Disease, Autism, Cystic Fibrosis, And Other Health Conditions (Healthy Living Cookbooks)



## Synopsis

The Specific Carbohydrate Diet (SCD) is a strict grain-free, lactose-free, and sucrose-free dietary regimen intended for those suffering from Crohn's disease and ulcerative colitis (both forms of IBD), celiac disease, IBS, cystic fibrosis, and autism. For those suffering from gastrointestinal illnesses, this book offers a method for easing symptoms and pain, and ultimately regaining health. Recipes for the Specific Carbohydrate Diet(TM) includes a diverse and delicious collection of 150 SCD-friendly recipes and more than 80 dairy-free recipes. The easy-to-make and culturally diverse recipes featured in the book include breakfast dishes, appetizers, main dishes, and desserts, such as Hazelnut-Vanilla Pancakes, Olive Sandwich Bread, Chicken Satay, Roasted Bass with Parsley Butter, Thin Crust Pizza, Gretel's Gingerbread Cookies, and Mango Ice Cream. Full-color photos will inspire you to get cooking again. In addition, personal anecdotes accompany each section of this book. Find out more at [www.scdrecipe.com/cookbook/](http://www.scdrecipe.com/cookbook/).

## Book Information

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## Customer Reviews

This is my first review but I had to write one because this book is fantastic! I have made five recipes in the past five days and my 5 year old son (with severe ulcerative colitis) has loved every single one (the rest of the family has loved the food too)! I own every SCD cookbook and this one seems to have the most recipes that are winners. So far, we have made: a chinese chicken dish (actually tastes like chinese chicken but without soy sauce- amazing); vietnamese pork (same); almond puff (tastes like cake!); chili-lime crackers (tastes like mild cheez-its!); and shortbread (buttery and tasty).

We are going to keep trying recipes but love this cookbook and wanted to post this review while ordering another copy for my son's grandmom. Well worth adding to your library.

I have to admit that I have been on the Specific Carbohydrate Diet for over seven years. As has my husband who doesn't have any gastro-issues. And I also must admit that I've gotten pretty tired either 1) making the same foods or 2) trying to adapt mainstream recipes to fit my needs. I've already used five of Raman's recipes (the ones that tended to have the pretty pictures...) - and they are fabulous! Even my husband got ecstatic over the rosemary-olive chicken... The recipes are generally easy to prepare, and don't require a lot of exotic ingredients (and substitution is easy with these recipes.) I would recommend this cookbook for anyone who has been on the SCD and needs inspiration. I also recommend this for anyone who has a suspicion that the over-processed, chemically-based stuff that we mistakenly call 'food' isn't serving you any longer. Bravo, Raman and family!! Can't wait to see your next cookbook!! PS Elaine would have been thrilled.

The recipes in this book are so divine! They sound so wonderful, my mouth waters! Beautiful full color photos & advice about certain ingredients depending on your stage of the diet. I would have given this book 5 stars if I could use it. I find that the recipes are far too advanced for my stage of the diet. I think it would be a year easy before being able to use this book. This is not a newbie book! If you are a newbie to the SCD diet, this is a book to keep in mind for when you are further along. If you are advanced in the diet, then by all means get a copy! Health through diet is a beautiful thing.

I have a new favorite cookbook! It's "Recipes for the Specific Carbohydrate Diet" by Raman Prasad. Although the Specific Carbohydrate Diet (SCD) includes lots of great food choices, it doesn't allow for dining at my favorite Asian and Indian restaurants. Raman's culturally diverse recipes are bursting with the flavors of the ethnic cuisines I've been missing. One of my favorites so far is Kung Pao Chicken, which is wonderfully flavored with Raman's SCD Asian Sauce (hurray for a yummy soy sauce substitute!). And in my opinion the Beef Vindaloo rivals some of the best Indian restaurants in our town. I love, love, love this cookbook's mouthwatering photography; the compelling foreword and introduction to the diet; and the personal touch of Raman's stories about food, family, and friends. I highly recommend this great cookbook for anyone who wants to add some pizzaz to their SCD fare.

First off, I must say this is a great cookbook. Excellent recipes meticulously laid out. I don't follow an

SCD diet, but am grain-free, so I really enjoy some of Raman Prasad's grain-free variations. I was a bit disappointed, though, to see how he pulls off the desserts and "breaded" fish and meats. He uses almond flour in lieu of conventional flour and honey in lieu of sugar. Here's the thing with almond flour. It's loaded with omega-6 fatty acids, which need to be balanced with omega-3 for a healthy dietary balance. Plus, baking with it leads to oxidisation of the Omega-6 fats in the nut. Coconut flour or a combination of coconut and almond flours are better choices. If you cook with almond flour or consume a lot of almonds, remember to take an Omega 3 (fish oil or flax oil) supplement. That said, I would still highly recommend this book. The recipes are easy enough to whip up on a weeknight and absolutely delicious.

I've been SCD for over three months and all the while my husband and daughter would NEED extra \*illegal\* sides to get them through meal times. For two weeks, every recipe we've made has come from this recipe book and no one is asking for an \*illegal\* side or substitute. I'm used to purchasing a cook book and only have one or two worthwhile recipes that make it into our weekly meal plan. Now, the book is our weekly meal plan! (Per my husband's request.) The Lemon chicken, Thai chicken, Vietnamese pork, Moroccan steak, spinach puffs, focaccia, lettuce wraps, the pizza and crust, the crackers, and dips all turned out beautifully. We make dinner every night and haven't had a repeat or failed meal yet! In addition, my (overweight and wonderful) husband has been losing weight and I've finally started gaining weight at 25 weeks pregnant. All due to him eating healthier, and the food being so tasty I want to eat more of it.

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