



The Grain-Free, Sugar-Free, Dairy-Free Family Cookbook

Simple and Delicious Recipes for Cooking with Whole Foods on a Restrictive Diet

Leah Webb

\$34.95 • Paperback

8 × 9 • 320 pages

Full-color photographs throughout

ISBN 978-1-60358-759-4

On sale: April 12, 2019

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“ Changing your diet now can save you time, heartache, and money in the future. Don’t settle for mediocrity when it comes to diet when the alternative feels so much better.”

—LEAH WEBB

The author’s commitment to a restrictive, nutrient-dense diet has played an important role in her children’s integrative care and led her to write *The Grain-Free, Sugar-Free, Dairy-Free Family Cookbook*—a parenting guide, nutrition primer, and cookbook all in one.

This unique cookbook offers a new way of preparing food and approaching the kitchen that gets kids involved in the cooking, and encourages excitement around food. The recipes are rich in healthy fats, nutrient-dense vegetables, ferments, and grass-fed meats, and include snacks, school lunches, and sweet treats that rival the flavors of sugar-dense desserts. By following Leah’s detailed meal plans, parents will be sure to please and make cooking on a restrictive diet enjoyable and manageable. And any family wishing to eliminate grains, sugars, and dairy from their diet will find the recipes, advice, and troubleshooting invaluable.

Choose from delicious and easy-to-prepare dishes like **White Bean, Fennel, and Sausage Stew**, **Plantain Tortillas**, **Grain-Free Tabbouleh**, **Baked Salmon with Avocado-Mango Salsa**, and **Chocolate Walnut Freezer Fudge** (sample recipes attached).

Leah Webb lives in North Carolina with her husband and two children. Her son, Owen, has a life-threatening anaphylactic allergy to wheat, and her daughter, June, has cystic fibrosis, a genetic disease severely impacting her lungs and pancreas. Find out more about Leah and how she shows busy parents to get organized, get cooking, and stay sane while keeping their family healthy at deeproovedwellness.com.



Leah M. Webb, MPH, CHC, is a certified health coach from the Institute of Integrative Nutrition with a Masters degree of Public Health from Georgia Southern University. She is the mother of two adventurous, healthy eaters and is passionate about natural healing and improving the way people eat. Follow her @deeproovedwellness on Instagram and Facebook.

plantain tortillas



I cannot emphasize enough the excellent quality, texture, and taste of these simple tortillas. Your family will absolutely adore grain-free taco night made from 100 percent whole food ingredients! Try serving these tortillas to guests along with delicious fillings and sides for a stunning example of how adventurous a restrictive diet can be.

2 plantains (yellowish green, not fully ripe, see *A Note about Plantains*, page XXX), peeled and cut into 2-inch pieces
¼ cup (60 ml) avocado oil
1 egg
1 teaspoon vinegar
½ teaspoon baking soda
½ teaspoon salt

Plantain tortillas shown with Pulled Mojo Chicken, Fermented Salsa Fresca, and Garlicky Guacamole.

Preheat oven to 425°F (218°C).

Blend all ingredients together in a blender or food processor for about 30 seconds to form a batter. You can add 1 to 2 tablespoons of water if the mixture will not blend, but be reserved with the addition of water.

Using a ⅓ cup (80 ml) measuring cup, scoop the batter onto a parchment paper-lined baking sheet, allowing for 6 inches of space between scoops, and about 3 inches of space from the edge of the pan. You need to leave enough space for each tortilla to be smoothed into a 5- or 6-inch round.

Using the back of a spoon, smooth each scoop into a flat circle, about ¼-inch thick to form the tortillas. Bake the tortillas for 10 minutes.

Allow the tortillas to slightly cool before carefully moving to a serving plate.

Batch Cooking and Leftovers: Not great for leftovers, so make on a day you have the time.

Make It a Meal: Taco night! Top the tortillas with Pulled Mojo Chicken or Mexican Shredded Beef with Chimicurri Sauce, Pico de Gallo, and Garlicky Guacamole.



grain-free tabbouleh



active minutes



total minutes



servings



days



Parsley, lemon, and garlic are the stars of the show when it comes to tabbouleh. Although the traditional recipe is made with bulgur wheat, you honestly don't need any grains when cauliflower acts as the perfect accompaniment. This flavorful, densely nutritious, low carb, and brightly colored dish is the perfect side for most any protein. I use an English cucumber for this dish, which is a large cucumber, about 12–14 inches in length. English cucumbers are my preferred store-bought cucumber since they are usually wrapped tightly in plastic and the peel has not been coated in a waxy substance like most other store-bought cucumbers. You can sub in three medium cucumbers if you have access to local, fresh ingredients. Also notice that the dish uses half of a head of cauliflower. Plan to prepare Cauliflower Hash Browns or Coconut Lime Cauliflower Rice in the same week to use up any leftovers. You can buy bagged, riced cauliflower at most grocery stores or make it yourself by roughly chopping a head of cauliflower and running it through the grater on your food processor. Rice all of your cauliflower for the week in one sitting and store excess in the refrigerator until it's ready to be used.

3–3½ cups (320–375 g) riced cauliflower, about half a head
1 bunch parsley, chopped
1 large tomato, diced
1 English cucumber, diced (see note above)
⅓ cup (42 g) minced red onion, about ½ of a small onion
2 cloves garlic, minced
¼ cup (60 ml) olive oil
1 lemon, juiced
1½ teaspoons salt

Rice the raw cauliflower using the grater on a food processor, or you can buy bags of riced cauliflower at many grocery stores.

Combine all ingredients in a large bowl and mix.
Serve immediately.

Batch Cooking and Leftovers: This dish holds up better than you would guess, but it quickly deteriorates after day four. You can rice your cauliflower and chop the vegetables up to four days in advance, storing these in the refrigerator in airtight containers or bags. Simply wait to dress the tabbouleh until you're ready to eat it.

Make It a Meal: Serve with Herbed Beef Burgers and Coconut and Cinnamon Sweet Potato Mash.



chocolate walnut freezer fudge



You will *love* everything about this creamy, chocolaty, and perfectly sweet freezer fudge! Walnuts provide a distinct and delicious crunch to a thick and decadent dessert that satisfies the craving of the chocoholic. The fudge becomes too soft at room temperature, so you'll need to serve it with a plate positioned over an ice pack or ice if you're serving it at a party and want to leave it out for guests. Or you can simply walk around with a tray to treat your guests. Either way, I guarantee it won't last long! This recipe is similar to the Chocolate Icing recipe, but the elimination of almond milk and the addition of avocado makes it creamier. Freezer fudge is a good treat to send to school as a replacement food for your child when the other kids in the class are eating processed treats. Speak to the teacher about the possibility of storing the fudge in a freezer and about providing your child with one or two pieces of fudge when the rest of the class is eating a food you'd prefer your child not eat. Your child still gets to enjoy a sweet treat, but it will be in a form that you can feel good about. Don't forget to omit the walnuts if your child's classroom is nut-free. You can instead add sunflower seeds or shredded coconut flakes.

½ cup (100 g) coconut oil,
solid (not melted)
½ avocado
½ cup (140 g) pitted Medjool
dates, packed
½ teaspoon vanilla
¼ cup (22 g) cacao powder
½ cup (55 g) chopped walnuts

Combine coconut oil, avocado, dates, and vanilla in a high-powered blender. Blend the mixture until it's creamy and very few date pieces remain. Try not to over-blend as this creates heat and will cause the coconut oil to separate from the rest of the fudge. You can't avoid it entirely, but try to keep blending to a minimum.

Add the cacao powder and blend the fudge again for about 10 seconds or until well combined.

Stir in the walnuts by hand and spread the entire mixture into an inch-thick slab on a parchment-paper lined baking sheet. Freeze the fudge for about one hour, remove it from the freezer, and slice it into 24 equal-sized pieces.

Serve immediately or return the fudge to the freezer for storage.

Batch Cooking and Freezing: You can easily double the recipe for a premade treat on special occasions. However, I'm wary of leaving treats around since they're often too tempting. I prefer to prepare this recipe only when there's a special occasion!

