



Internal Bliss - GAPS Cookbook (Recipes designed for those following the Gut and Psychology Syndrome Diet)

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The first cookbook created exclusively for the GAPS diet. Internal Bliss is a cookbook designed for individuals and families pursuing the difficult journey towards digestive healing. With the GAPS principles in mind, Internal Bliss provides recipes that will satisfy all palates. ****Now containing a chapter on fermented vegetables with information, directions, and 9 new recipes.**** Featuring a wide variety of GAPS friendly meal ideas and treats for the entire family, including: Yogurt Cheese Deviled Eggs Lima Bean Hummus Cream of Delicata Squash Soup Cowboy Stew Turkey Pecan Waldorf Salad Cauliflower "Potato" Salad Peanut Butter Pancakes Banana Caramel Sticky Buns Chicken Satay with Peanut Sauce Chinese Lemon Chicken with Broccoli Scallops with Shiitake Mushrooms in Ginger Sauce Cauliflower Fried Rice Squash "Pudding" Hazelnut Pizza Crust Jalapeno Cheddar Biscuits Key Lime Pie Strawberry Shortcakes Mixed Melon Sorbet Over 150 GAPS friendly recipes! Spiral bound for easy use while cooking.

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Eugene Flowers:

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