



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

Elizabeth Stein

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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.



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