The Recipe Hacker Confidential: Break the Code to Cooking Mouthwatering & Good-For-You Meals without Grains, Gluten, Dairy, Soy, or Cane Sugar

Diana Keuilian
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Diana Keuilian is tired of the "toxic food environment" plaguing modern diets and causing so many food allergies, obesity, diabetes, and other chronic conditions. Her new cookbook contains more than 120 recipes that are free of the worst toxic offenders: gluten, grains, dairy, soy, and refined sugar. They are, however, full of flavor and nutrition and readily counter anyone's belief that healthy food can't be scrumptious.

Keuilian has been hacking, or reworking, favorite recipes on her popular blog, Real Healthy Recipes, for years. Her easy instructions and enthusiastic, can-do preambles are persuasive calls to the kitchen in a healthier mode. Love french fries but hate all the fat and carbs? Try Keuilian's hacked recipe which features baked parsnips. Need to indulge occasionally? Her bittersweet Peanut Butter Cup and Snickers Bar recipe will make both your tongue and your pancreas happier.

Each recipe is accompanied by a photograph and detailed nutrition and calorie information, so it is easy to find delicious alternatives to fine-tune one's eating habits. Nearly all of the dishes are also finished with a Quick Tip that offers recipe variations, a shortcut in preparation, or inspirational (but not preachy) suggestions for achieving another step toward a healthier lifestyle.

RACHEL JAGARESKI (Cozy Up 2016)