



Cooking for the Specific Carbohydrate Diet: Over 100 Easy, Healthy, and Delicious Recipes that are Sugar-Free, Gluten-Free, and Grain-Free

Erica Kerwien

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DELICIOUS DISHES FOR A COMFY BELLY

Do Crohn's disease, IBS, celiac disease, ulcerative colitis or other digestive issues keep you from enjoying your favorite foods? Then pick up this book and leave the pain and frustration behind. *Cooking for the Specific Carbohydrate Diet* provides over 100 belly-friendly recipes that please the palate while soothing your stomach, including:

- **Blueberry Coffee Cake**
- **Cinnamon Raisin Bread**
- **Quiche**
- **Pizza**
- **Chicken Pot Pie**
- **Dirty Rice**
- **Butter Biscuits**
- **Kale Onion Tart**
- **Stuffed Bell Peppers**
- **“Oatmeal” Cookies**
- **Lemon Pound Cake**
- **Pumpkin Pie**

Cooking for the Specific Carbohydrate Diet also serves up tips for eating smart, healthy and even indulgently despite a sensitive stomach — all brought to you by popular Comfy Belly blogger Erica Kerwien. As a mom caring for a son with Crohn's, she has firsthand knowledge of what works and what doesn't for both taste and digestion.



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From reader reviews:

Julie Gailey:

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Lauren Robinson:

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