



[100% Real: 100 Insanely Good Recipes for Clean Food Made Fresh](#) by Sam Talbot copyright © 2017. Published by Oxmoor House, an imprint of Time Life, Inc. Books. Photography credits © 2017 Ian Bagwell, Caitlin Bensel, Jennifer Causey, Greg Dupree, Victor Protasio, Hector Sanchez and Evan Sung.

Our Summary:

[100% Real](#) offers real solutions to healthy and balanced eating, and Chef Sam Talbot should know. A Type I diabetic since early childhood, food has been his remedy for leading a healthy and balanced life. He uses clean, fresh, sustainable ingredients with no artificial colors or flavors, and a five-step guide to “keeping it real”. Talbot wants you to find the joy in

eating, whether you find it in nutrient-dense *real* food or otherwise. With considerable recipe choices for vegan, gluten-free and dairy free, Talbot makes [100% Real](#) a resource not just for specialty diets, but for *everyone* who wants to eat more wholesome food.

What you need to know:

Get it: [100% Real: 100 Insanely Good Recipes for Clean Food Made Fresh](#) by Sam Talbot © 2017. Photography credits Ian Bagwell, Caitlin Bensel, Jennifer Causey, Greg Dupree, Victor Protasio, Hector Sanchez and Evan Sung © 2018. (Published by Oxmoor House, an imprint of Time Life, Inc. Books, April 4, 2017) (Hardcover \$29.99; [Amazon \\$17.76](#); [Kindle \\$10.99](#))

See it: 254 pages of visually exciting (photographs of each finished recipe), easy to read, precise, clean recipes. Photographs of each finished recipe and a straightforward table of contents makes the book easily manageable. The index however, can be complex and inconsistent when trying to cross reference ingredients or main dishes.

Make it: 100 recipes, including how-to tips to overhaul your pantry and refrigerator with “must haves,” “powerhouse” ingredients, and “game changing substitutions.”

Cherie’s Review:

Healthy-living chef, author, philanthropist and television personality Sam Talbot brings us *his* recipe for eating [100% Real](#) and balanced foods in this, his second cookbook. A chef and type I diabetic, Talbot in [100% Real](#) gives us answers to the questions he is always asked: what to eat? which diets to follow? The simple answer is [100% Real](#) food; delicious, nourishing, healthy, and clean food.

In [100% Real](#), Talbot uses his *six-ingredient rule* to know whether a food is processed or not. If the label lists six ingredients or fewer, he says to give it a chance. Talbot also offers solutions to processed sugar. He uses *date sugar* (made from dried dates, a sugar he is “mad about”), in his



Black Sesame-Peach Cakes that turn out a vegan, gluten-free cake that is delicious, but also lower in sugar and carbohydrates.

[100% Real](#) is filled with tips, too. Like those for “Powering up and Staying Energized.” Snacks like, *No-Bake Tropical Almond Butter Bars* are easy to make and offer raw honey as a sugar substitute in addition to the chopped dried pineapple that adds to the flavor. Talbot also shares his knowledge of sustainably raised meats and seafood, lest you think this a vegetarian collection! He cautions on the responsibility of consumers suggesting that “making good food choices is vital to our well-being and that of our Mother Earth.” Then he offers a recipe for, *Cast-Iron Skillet Wild Salmon with Nori-Marinated Squash and Vietnamese Sauce* that is equally beautiful and concise.

[100% Real: 100 Insanely Good Recipes for Clean Food Made Fresh](#) is exactly what a cookbook should be. Talbot explains why food *should be real* and why we as cooks (and consumers) should approach food with an understanding of what local, fresh, clean, sustainable food is. And, then he adds recipes so we can prepare it. He includes a *Resource* page to help us find specialty ingredients, as well as *Environmental Resources* to advocate for sustainability.

[100% Real](#) is truly a cookbook for our time with surprisingly simple, delicious and satisfying recipes! An educational and healthy resource-filled book with delicious recipes for all, regardless of your dietary needs or preferences.

Recipes to cook from [100% Real: 100 Insanely Good Recipes for Clean Food Made Fresh](#) by Sam Talbot copyright © 2017.

[Sweet Potato Hash Brown Open-Face Sandwich with Ham and Cranberry-Dijon Brussels Slaw](#)

[Cold Soba Noodles with Roasted Tomato Oil, Kalamata Olives, and Shaved Parmesan Cheese](#)

[Frozen Honey Mousse with Lime and Sea Salt](#)