



Danielle Walker's [EAT WHAT YOU LOVE: Everyday Comfort You Crave](#) Copyright © 2018 by Simple Writing Holdings, LLC. Published by Ten Speed Press, an imprint of Penguin Random House.

Our Summary:

Necessity is truly the mother of invention. New York Times best-selling cookbook author, Danielle Walker knows this all too well. Diagnosed with an autoimmune disorder at 22, she changed her approach to food and made dietary changes to end her suffering. In her latest cookbook, [Eat What You Love: Everyday Comfort Food You Crave; Gluten-Free, Dairy-Free, and Paleo Recipes](#), Walker once again shows us her innovative, delicious, and user-friendly recipes that are perfect for every day of the week. This cookbook includes sections on menu planning, make-ahead meals, one-pot and sheet pan recipes, as well as creative ideas for packed school lunches and work on-the-go. A self-trained

chef, Walker has learned how to remove allergens from recipes without sacrificing flavor. Whatever your need, cooking these recipes that are grain-, gluten-, dairy- and refined sugar-free can be a new way of cooking and caring for your family and friends that have specific needs.

What you need to know:

Get it: Danielle Walker's [EAT WHAT YOU LOVE: Everyday Comfort You Crave](#) Copyright © 2018 by Simple Writing Holdings, LLC. Published by Ten Speed Press, an imprint of Penguin Random House., December 4, 2018, Hardcover \$35.00 ([Amazon \\$24.50](#); [Kindle \\$9.99](#))

See it: 336 inviting and colorful pages, including a wonderful *Introduction, Ingredient Glossary and Substitution List*, a helpful *Meal Planning Calendar* and *Meal Plans* that include recipes from the cookbook. Walker always encourages readers back to her website to close loops and find more information. There is also an informative *Resource Guide* and beautiful *Photo Recipe Index* that make this cookbook easy to navigate and efficient to use.

Make it: 125 delicious recipes that are reminiscent of days gone by. These recipes give us healthier alternatives for our needs today, allowing us to eat well and feel great! From *Breakfast, Packed Lunches, Snacks, Soups, Salads, and Stews*, to *Quick and Easy Meals*, and *Make Ahead Meals*, this cookbook offers us healthy re-creations of comfort food classics and so much more.

Cherie's Review:

After several years of suffering with Ulcerative Colitis, multiple hospitalizations and doctors telling her that her diet didn't factor into her disease, Walker began her quest to return to good health and take back her life. Through extensive food exploration, experimentation and research, Walker persevered through setbacks refusing to feel deprived because of dietary needs. Her passion for food, flavors and textures, as well as a fighting spirit allowed her to re-create recipes that she loved prior to her diagnosis. [Eat What You Love](#) is a wonderful collection of comfort recipes that won't leave you feeling deprived or disappointed.

[Eat What You Love](#) is perfect for those who follow the Paleo, Primal, SCD (Specific Carbohydrate Diet), GAPS (Gut Psychology Syndrome Diet), Egg-Free, Tree nut-free, and NSF (Nightshade-free) diets. Simple icons are found at the top of each recipe which help you navigate the ingredient lists and cooking methods found



throughout the cookbook. The icons help you quickly find recipes that fit with your particular dietary platform and make it easy to know whether you'll need a single pot, sheet pan, slow cooker, or an electric pressure cooker. The *Shrimp and Sausage Jambalaya* is a terrific rendition of an authentic Southern favorite! It is Egg-Free, Nut-Free and makes the easy suggested substitution of riced cauliflower for sweet potato to make it SCD.

Going grain-free for Walker required getting all of her loved ones on board. Her recipes in [Eat What You Love](#) reflect her love of family by creating recipes that support her health needs, and provides them with the feeling of indulgent, fun, everyday food. Her recipe for *Healing Chicken Soup* uses her homemade *Chicken Bone Broth* that is both easy to digest and full of flavor. These recipes are simple to follow and some use an electric pressure cooker for efficiency and easy clean up. In the *Crab Cakes with Remoulade Sauce* she offers a delicious alternative to using bread crumbs or ground crackers as a binder – ground plantain chips! This recipe also includes *Make It Ahead* suggestions and *Tidbits* for substitutions.

[Eat What You Love](#) offers so many quick and simple meals with minimal prep and clean-up time. Walker emphasizes that batch cooking is a home cook's best friend. She dedicates an entire chapter called, *Make It Ahead*, where she offers her advice on prep work, doubling or tripling a recipe, and freezing tips to make meals fast, easy and delicious. A batch of 24 *Breakfast "Hamburgers"* is not only her lifeline on busy weekday mornings, but her baked "sausage-like" bites are also a family favorite. The *Pizza Crust* recipe gives step-by-step instructions on how to create an authentic-tasting grain-free crust that results in an easy "heat and serve" base, plus several topping suggestions that evolved from her family's "Pizza Fridays." She offers us another make ahead recipe for a healthier version of the British classic, *Shepherd's Pie* using mashed cauliflower, fresh and dried herbs, fresh vegetables and ground lamb.

Creating recipes without grains, gluten or dairy that are also delicious, nutritious and user-friendly has been Danielle Walker's mission born out of necessity and nurtured in love. [Eat What You Love](#) is an homage to her family and her childhood: each recipe lovingly adapted to meet her dietary and health needs while preserving the sentiment behind those wonderful food memories. This book indulges you in childhood favorites without compromising your health, and you leave the table delighted, not deprived.

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[Buffalo-Stuffed Sweet Potatoes](#)

[Roasted Lemon Chile Asparagus](#)

[Nut-Free Granola Bars](#)