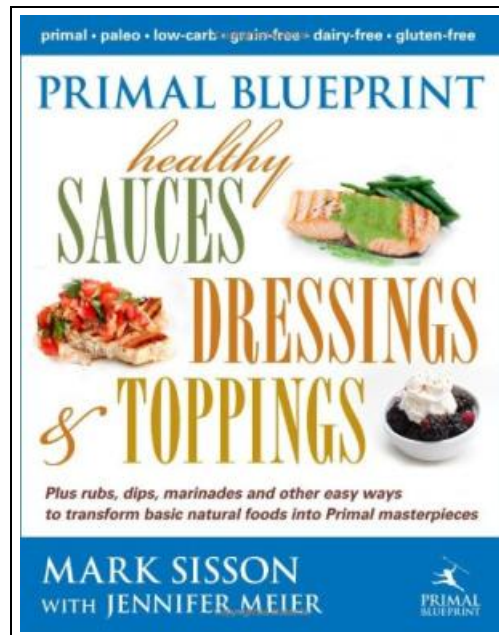


## Primal Blueprint Healthy Sauces, Dressings and Toppings (Hardback)



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*I just started out looking at this ebook. This can be for those who statte there had not been a worthy of reading through. You can expect to like the way the blogger publish this ebook.*

*(Dr. Freddie Greenholt Jr.)*

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Primal Nutrition, Inc, United States, 2012. Hardback. Condition: New. Language: English . Brand New Book. Following the popularity of The Primal Blueprint Cookbook and Primal Blueprint Quick Easy Meals (both attained Amazon s #1 ranking for low-carb cookbooks), best-selling author Mark Sisson and gourmet chef Jennifer Meier team up again to transform ordinary meals into culinary masterpieces with Primal Blueprint Healthy Sauces, Dressings Toppings. You ll get acquainted with the essential list of Primal-approved ingredients: butter, coconut milk, flour alternatives, pureed vegetables, nut butters, eggs, healthful oils, vinegar, salt and assorted herbs and spices. Then, it s off to the races to create your dips, rubs, dessert toppings, marinades, seasonings, salsa, pesto, flavored butter, tapenade, gravy and much more. The rich and satisfying flavor these sauces, dressings and toppings bring to your meals will not only boost nutritional and antioxidant values, but will also ban the objectionable sugars and fats found in most conventional flavor enhancers from the table! From staples like ketchup, mustard and hot sauce, to the more exotic creations like Blueberry Chutney, Carrot Salsa and Avocado Lime Dressing, each recipe enhances the nutritional value of your meal and uses only Primal ingredients. That means no gluten, grains, legumes, added sugars or unhealthy trans or polyunsaturated oils. And you don t have to compromise great taste or spend hours slaving over complicated preparations. With options organized into convenient categories and presented with vibrant photos and simple instructions, going Primal just got easier--and a whole lot tastier!.



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