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# Sweet, Savory, And Free: Insanely Delicious Plant-Based Recipes Without Any Of The Top 8 Food Allergens



## Synopsis

Eat Sweet, Savory, and Free with Debbie Adlerâ™s Mouthwatering Plant-Based Recipes, Free of the Top 8 AllergensIn 2013, Debbie Adlerâ™s Sweet Debbieâ™s Organic Treats: Allergy-Free and Vegan Recipes From the Famous Los Angeles Bakery proved that cooking for those with allergies and food sensitivities doesnâ™t mean giving up dessert. Now Sweet Debbie goes savory with more than 100 plant-based recipes free of the top eight food allergens&#151;dairy, eggs, peanuts, tree nuts, soy, wheat, fish, and shellfish&#151;plus free of refined sugar and oils. Motivated by her own sonâ™s life-threatening allergies, Adler has spent the last six years creating meals to nourish and delight her entire family&#151;meals that are both savory and safe&#151;including:Lemon Basil Blueberry MuffinsSweet Miso Forbidden Rice Ramen Noodle BowlRoasted Butternut Squash Enchilada RoundsYam Gnocchi with Sriracha PestoMediterranean Quinoa BurgersSpanakopita Enchiladas with Roasted Red Pepper Cream SauceCinnamon Raisin BreadCafe Macchiato Sandwich CookiesDebbieâ™s super satiating, divinely delicious, and accessibly easy-to-prepare recipes show just how incredible, versatile, and flavorful allergy-free, plant-based cooking can be! Her entrees, pastas, soups, sides, breads, and sweets are a guaranteed&#151;and guaranteed safe&#151;hit for school, kidsâ™ parties, work events, and more.

## Book Information

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## Customer Reviews

âœl have a big, loud, Italian family, and we love to eat. I also have a daughter and nephew with

food allergies, so it can be tricky. Debbie Adler has found a way to make everybody happy. Sweet, Savory, and Free allows you to make everything from condiments to pizza to cookies, without using any of the eight top food allergens. The genius part? It's all delicious. My family doesn't know the difference, because believe me, if they did, I'd hear about it. Thank you, Debbie! • "Ray Romano" "The way we eat has a profound effect on our health, and the health of the planet. Sweet, Savory, and Free is filled with recipes that will keep you (and our Mother Earth) from going into cardiac arrest . . . and did I mention that they're all delicious!" • "Ed Begley, Jr., Emmy- and Golden Globe" "award nominated actor and environmentalist" "Sweet, Savory, and Free could easily qualify as an optimum health book, with an eye toward making tasty dishes. Your kitchen would not be complete without this book. Debbie Adler's personal motivation for this book is compelling." • "T. Colin Campbell, PhD, coauthor of *The China Study* and the New York Times bestselling *Whole*" "Sweet, Savory, and Free proves that allergen-free, healthful plant-based cooking can be delicious" "and fun! Debbie Adler makes it possible to prepare wonderful worry-free dishes for anyone, anytime." • "JJ Virgin, celebrity nutrition and fitness expert, and author of the New York Times bestselling books *The Virgin Diet* and *Sugar Impact Diet*" "Debbie makes living plant-based and allergy-free delicious and fun with her super tasty and nutritious recipes. This book is an incredible resource for any family wanting to eat healthy." • "Tess Masters, author of *The Blender Girl*, *The Blender Girl Smoothies*, and *The Perfect Blend*" "An extraordinary culinary compendium that will prove to be an enduringly popular addition to personal, professional, family, and community library cookbook collections." • "Midwest Book Review"

Debbie Adler is the owner of the nationally renown, allergyfree, vegan, glutenfree and sugarfree bakery Sweet Debbie's Organic Cupcakes in Los Angeles. She is also author of the critically acclaimed, award-winning cookbook Sweet Debbie's Organic Treats: Allergy-free & Vegan Recipes from the Famous Los Angeles Bakery. Debbie has appeared on national television and radio shows such as NBC's *Nightly News* and NPR's *Here & Now*, as well as in the *Los Angeles Times* and other national publications.

This is a great book. I have practiced macrobiotics, and vegetarianism and am trying to go vegan. Also I have been thinking that maybe a gluten free diet may help me loose the weight I have been trying to loose. I have read every pap of this book. The recipes are not difficult. I have researched a few of the different ingredients in the recipes and have learned the rationale of using them. ( i.e.,

xanthum, guar gum, the various flours etc) my husband is in for a treat this week. This week I look forward to making, the spinach basil dumplings I have a lot of basil in the garden so I am really looking forward to trying this. The green goddess salad was great too.

I began my Whole Food Plant Based way of eating in April 2016. I'm always looking for new ideas and I was so excited to find this book as I have family members with food allergies and sensitivities. When I look at cookbooks, I'd say that a good one will have me bookmark 40-50% of the recipes. This is a rare book where I actually want to make all of the recipes! I can't wait to try them all, and share them with family members. My daughter was just diagnosed with MS, and her neurologist has suggested WFPB and GF. She has two young sons, and I think all of these recipes would work for her and her little ones too!

Where to start? This book is organized perfectly for our family from "Just Haves" to recipes and resources creating food to love (taste and view). The author, Debbie Adler has created a beautiful book on health, food, and family that leaves you wanting more from her. The strawberry pancakes and green mac & cheese have been "thumbs up" by our grandson! Thank you from our family to yours for sharing this book.

I just received this cookbook from last week yet it looks like I have owned it for years. As soon as I pulled it out of the package I sat down with highlighters and post it notes and scoured through the entire book. Every recipe looks better than the last and I'm truly excited to dive into these delicious dishes. Last night I made the Cajun Mushroom Risotto and it was fabulous. The flavors gelled together so well and I was all giddy. Eating a plant based diet can be a struggle at times when it comes to flavoring the food just right. The more taste, seasoning and spices for me the better. Many plant based dishes are bland and leave me feeling unsatisfied. However, not this Debbie Adler's recipes. They are amazing. I can't wait to try more and share them with my non-plant eating friends. I will win them over with Debbie's new book. If you are looking for a new cookbook, THIS is the one!

This book is amazing. If you are looking for a great WFPB cookbook that manages to avoid the top 8 allergens.... this is it. I really enjoy the "Recipes within Recipes" part at the beginning. It gives you some homemade staple items that you can use alone or as part of recipes within. The recipes I've tried are full of flavor and get the thumbs up from the family!

So far have just read every recipe and started to collect some of the often-used ingredients so have them on hand. I can't wait to start making some of them and will do that tomorrow. I have been eating plan-based for nearly five years now and like easy recipes that have limited ingredients and don't take all day to put together. I cooked the mushroom ragu and it was excellent! Her recipes are relatively easy, so flavorful and a real hit! I highly recommend it even if you don't have allergies! I love it! I can't wait to try more of the recipes.

I have been vegan for a little over 4 years and have followed a WFPB no oil diet for the last two years. I bought lots of vegan cookbooks when I first went vegan but, unfortunately, most of them do not work for me now as they use oil. I was so excited to come across Debbie's cookbook because I can make every recipe in the book without having to worry about leaving out an ingredient or looking for a substitution. The book is beautiful to look at with amazing photography. I love that there's an introduction to every recipe, it makes me feel like Debbie is in the kitchen with me! Chapter 1 and 2 outline and describe all the ingredients you will be using and the essential kitchen tools - so helpful! And there's a great index at the back of the book - choose an ingredient and see all the recipes it's found in. There's also a resource section that lists the websites for lots of the ingredients. Again, so helpful. I haven't tried any of the recipes yet because I've just been enjoying reading through all of them and it's also hard to choose where to start - I want to make them all! I will be sure to come back and update once I get myself off the couch and into the kitchen!

This book is excellent if you have allergies or food issues!! If you only have a few, it is easy enough to put normal things in. So if you are NOT allergic to soy, use soy in place of what Debbie uses. But the meals are great tasting, easy to do. Most plant based meals are time consuming. This is a bit better and did I say it tastes great????!!!! She also doesn't make it for an army which is so nice. Thank you Debbie for a great cook book for a healthy life.

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