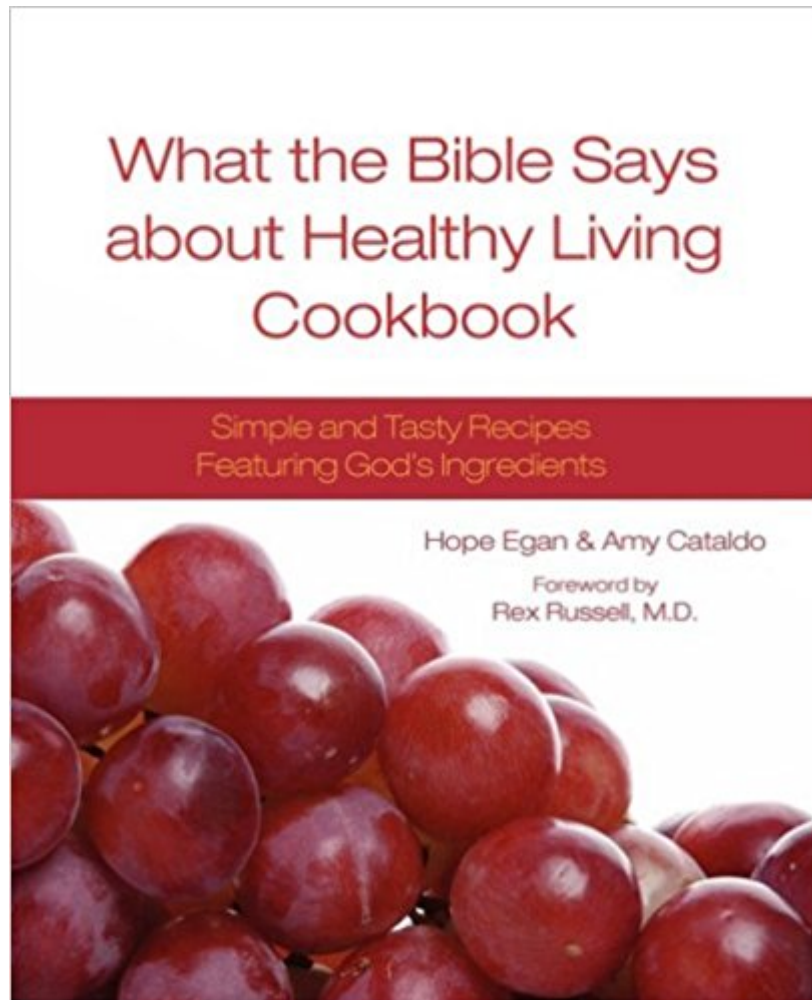




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What The Bible Says About Healthy Living Cookbook



Synopsis

Join biblical health author Hope Egan and lifelong healthy eater Amy Cataldo as they unveil the long-awaited follow-up to *What the Bible Says about Healthy Living*. Helping you incorporate God's ingredients into your life simply and without sacrificing taste, this companion cookbook shows you how to prepare meals, snacks and desserts based on the principles outlined in *What the Bible Says about Healthy Living*. For years biblical health experts have been telling you how to think about biblical eating. Now there is a complete cookbook that helps you take action: *More than 150 tasty and easy-to-prepare recipes, such as Sweet Potato Fries, Pesto-Crusted Salmon and Chocolate Peanut Butter Balls.* *Insights into the Three Principles from What the Bible Says about Healthy Living that will change your diet and improve your health.* *Nutritional facts that highlight the amazing design behind God's ingredients. HOLY COW! Does God Care about What We Eat?* HOPE EGAN has written several books, including *Holy Cow! Does God Care about What We Eat?* She is an editor for *First Fruits of Zion*, an educational ministry that teaches about the Hebraic roots of Christianity. AMY CATALDO, a lifelong healthy eater and homemaker, is passionate about cooking with God's ingredients and sharing her experience and knowledge with others. "I am enthusiastic in my recommendation of the *What the Bible Says about Healthy Living Cookbook*. It is, in many ways, the long-awaited companion to my book, *What the Bible Says about Healthy Living*." --Rex Russell, M.D. "These simple to prepare recipes should inspire anyone who wants to honor their body-God's Temple-and feed their family from a biblical perspective." --Jordan Rubin--New York Times best-selling author of *The Maker's Diet*.

Book Information

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Customer Reviews

Egan is a certified financial planner as well as a certified public accountant. She has provided retirement, income tax, and investment guidance to individuals, small business owners, and large corporations. Russell is a board-certified invasive radiologist who practices in Fort Smith, Arkansas. He has practiced at St. Luke's Hospital in Houston and Regional Medical Center in Fort Smith.

I love this cookbook for two reasons: 1. **INSTRUCTIONAL SEQUENCE** - In each recipe, the ingredient list is separated neatly so that the eye naturally groups parts that must be added at the same time. Additionally, this is the only cookbook I've read that sequences the instructions so accurately and efficiently that I don't have to read the entire recipe before I begin. For instance: "While the lentils cook, bring water to a boil. While water boils, dice celery and carrots." The timing is actually trust-worthy, and the sequence makes for an efficient kitchen experience. 2.

DELICIOUSNESS - There are a plethora of tried-and-true recipes. I've dog-eared so many pages that the whole top corner of the book will soon be missing. A thought for future editions: I wish there was a bit more discussion on seasonality, organic foods, sustainability, and fair trade practices somewhere in these pages. To me, if we're going to talk about God's design for eating, the way we care for the land and animals (and even more so the way laborers are treated) is critical.

Additionally, I do find myself substituting fresh or dried items for canned items. But, this is a simple thing to do and does not in any way detract from the recipes.

It is rare to find a cookbook that has multiple recipes that I regularly refer to. In fact, in recent years, my cookbooks have been collecting dust in lieu of websites that include recipe reviews so as to be relatively certain I am not wasting my time, energy and money on a recipe that no one will like. However, after changing our diet to whole foods and mostly from scratch, I found that the internet sites were not quite as helpful any longer. I have now been cooking from this cookbook for several months and have yet to make something from it that was not a success. Considering that I have a somewhat picky husband and three young kids that may or may not be happy with the food in front of them, finding an entire book of recipes that pleases everyone is quite a feat!! Some of our favorites include: Oat Breakfast Squares, Maple Almond Salmon, Pecan Crusted Tilapia and Millet Pilaf. I would say I have made about 1/3 of the recipes and plan to make many more. I am buying this cookbook as gifts for my mom and three sisters this year!!

I use this cook book almost every week...we started eating "clean" about 2.5 years ago and love this book as it helps me to create healthy and tasty meals. The recipes use "real" food...not some weird stuff that some cookbooks like to recommend. Super easy to follow recipes that are healthy and taste good..what more could you want? pictures perhaps, but I'm okay w/out pictures on this one!

No comment

I read Dr. Russell's book "What the Bible Says About Healthy Living" over 6 years ago and have thought for a long time it would be great to have a cookbook that goes with it. And now here it is. I love it. I have baked several things out of it and they are all wonderful. The Oatmeal Raisin Cookies are the best. And to know that they don't have any "bad" things in them makes them guilt free. There are some great "comfort" type foods and then some that have a little more zing to them. I would highly recommend both the Cookbook and Dr. Russell's original book. NancyOO, FL

The book 'What the Bible Says About Healthy Living' and this cookbook are the best books ever! I have had so much fun making these recipes and I'm not much of a cook (these are easy to follow). I am so eager to make all the recipes and I hope they'll write another cookbook like this so I can always have more recipes to follow. Love it!

Nice product for sure. Very quickly delivered and was everything I had expected. Many thanks:)

I've made a few things from it already. From the simplest of recipe's on up to more complex. And they're all SUPER healthy!

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