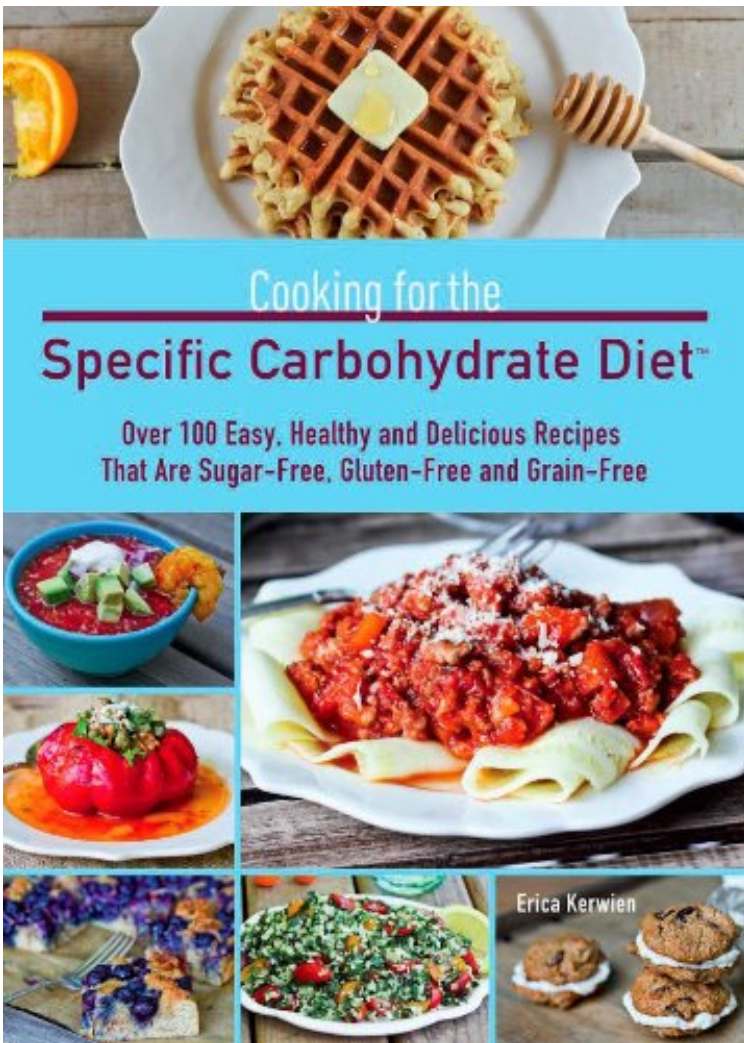


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Prsentation de l'diteurDELICIOUS DISHES FOR A COMFY BELLYDo Crohns disease, IBS, celiac disease, ulcerative colitis or other digestive issues keep you from enjoying your favorite foods? Then pick up this book and leave the pain and frustration behind. Cooking for the Specific Carbohydrate Diet provides over 100 belly-friendly recipes that please the palate while soothing your stomach, including: Blueberry Coffee Cake Cinnamon Raisin Bread Quiche Pizza Chicken Pot Pie Dirty Rice Butter Biscuits Kale Onion

Tart Stuffed Bell Peppers Oatmeal Cookies Lemon Pound Cake Pumpkin Pie Cooking for the Specific Carbohydrate Diet also serves up tips for eating smart, healthy and even indulgently despite a sensitive stomach all brought to you by popular Comfy Belly blogger Erica Kerwien. As a mom caring for a son with Crohns, she has firsthand knowledge of what works and what doesnt for both taste and digestion.