



# Nutrition Stripped: 100 Whole-Food Recipes Made Deliciously Simple

*McKel Hill*

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Discover just how deliciously simple whole foods cooking can be with this essential cookbook, based on the popular Nutrition Stripped blog, featuring more than 100 exciting and good-for-you recipes and color photography throughout.

Search the web and you'll find a variety of recipes from "health food" bloggers and "nutritionists." Yet many of these recipes often follow trends or fad diets. Now, McKel Hill, a Registered Dietitian Nutritionist and wellness coach, takes you back to bare basics to enjoy the amazing benefits and incomparable flavor of whole foods—nature's true healthy bounty.

Drawing inspiration from nature, the turning of the seasons, the world of plants, nutrient dense foods and hidden gems in the world of superfoods, Hill celebrates simplicity, and shares her vast professional knowledge and expertise in this practical and easy-to-use cookbook. But Nutrition Stripped isn't just an approach to eating—it's a lifestyle that will help you look, feel, and be your best. Whole foods cooking is the foundation of health and can be enjoyed no matter what your dietary preference, whether it's vegan, paleo, or gluten-free.

Hill's whole food, plant-based recipes are gluten-free, dairy-free, and entirely free from processed food, yet all can be adapted to specific tastes and needs, making them realistic, approachable, global, and livable. Start your day with delights such as Turmeric Milk (the new green smoothie), Carrot Cake Quinoa Porridge, or Plantain Flatbread with Poached Egg and Honey. For dinner, feast on Beetroot Burgers with Maple Mustard or Carrot Gnocchi with Carrot Greens Pesto. And don't forget dessert—indulge with a mouthwatering slice of Raw Peach Tart with Coconut Whipped Cream or some Salted Caramel Brownies.

Illustrated with beautiful, modern and minimalistic color photographs, *Nutrition Stripped* shows you how delicious and simple it can be to eat healthier with whole foods.

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