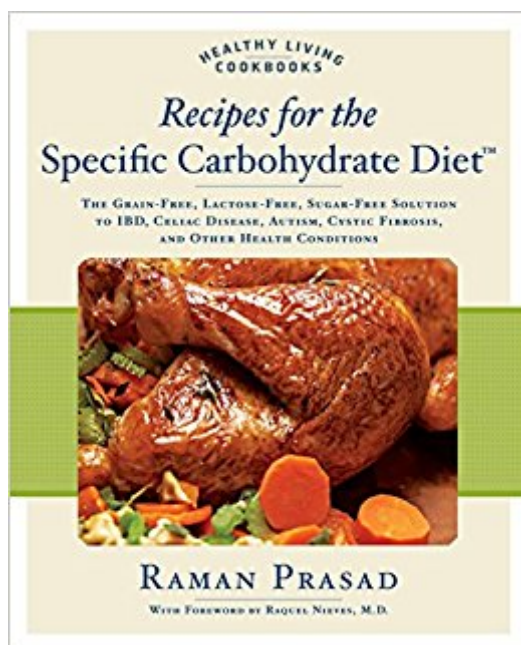


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# Recipes For The Specific Carbohydrate Diet: The Grain-Free, Lactose-Free, Sugar-Free Solution To IBD, Celiac Disease, Autism, Cystic Fibrosis, And Other Health Conditions (Healthy Living Cookbooks)



## Synopsis

The Specific Carbohydrate Diet (SCD) is a strict grain-free, lactose-free, and sucrose-free dietary regimen intended for those suffering from Crohn's disease and ulcerative colitis (both forms of IBD), celiac disease, IBS, cystic fibrosis, and autism. For those suffering from gastrointestinal illnesses, this book offers a method for easing symptoms and pain, and ultimately regaining health. Recipes for the Specific Carbohydrate Diet(TM) includes a diverse and delicious collection of 150 SCD-friendly recipes and more than 80 dairy-free recipes. The easy-to-make and culturally diverse recipes featured in the book include breakfast dishes, appetizers, main dishes, and desserts, such as Hazelnut-Vanilla Pancakes, Olive Sandwich Bread, Chicken Satay, Roasted Bass with Parsley Butter, Thin Crust Pizza, Gretel's Gingerbread Cookies, and Mango Ice Cream. Full-color photos will inspire you to get cooking again. In addition, personal anecdotes accompany each section of this book. Find out more at [www.scdrecipe.com/cookbook/](http://www.scdrecipe.com/cookbook/).

## Book Information

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## Customer Reviews

"Raman Prasad shares his personal experience in this comprehensive cookbook. It is a wonderful contribution and tribute to Elaine Gottschall and it will be an invaluable resource for those suffering with gastrointestinal issues. He provides a comprehensive overview of the science behind the diet, menus, holiday traditions, and gourmet recipes. This book will give families the confidence they need to heal."--Pam Ferro, R.N., Founder of The Gottschall Autism Center"People following a

restrictive diet often lament the loss of foods and flavors they love. Raman Prasad's subtle modifications of delicious recipes from around the globe bring international flavor and zest to your home's SCD kitchen. There is no passport required for this delicious quest for a healthy gut!"--Mike Simons, Co-webmaster, [www.scdiet.org](http://www.scdiet.org)"This clever book is not just a great supplement to the Specific Carbohydrate Diet, making dieting into a pleasure, but will also ensure the whole family enjoys a healthy, varied, and yummy diet. I feel lucky to have it in my kitchen."--Mik Aidt, Founder and co-webmaster, [www.scdiet.org](http://www.scdiet.org)

Raman Prasad has followed the Specific Carbohydrate Diet (SCD) successfully for more than 16 years, which has resulted in a return to good health and a normal life. In 1998, inspired by his recovery and remission from ulcerative colitis, Prasad founded [scdrecipe.com](http://scdrecipe.com) which includes hundreds of SCD recipes and other relevant information about this dietary protocol. He is the author of Recipes for the Specific Carbohydrate Diet, The SCD for Autism and ADHD, Colitis & Me: A Story of Recovery, and Adventures in the Family Kitchen. Raman has been an advocate and spokesperson for the diet for almost two decades, and has worked alongside Elaine Gottschall in her efforts to promote the SCD to a wider audience.

When you're selling a book titled "Recipes for the Specific Carbohydrate Diet" a buyer would reasonably assume that these recipes use only ingredients allowed on the SCD. Feeling in the mood for trying a new type of bread/cracker recipe (of which I have many great ones), I flipped to the section titled "Savory Goods" first. There are 7 recipes there and 2 of them contain baking powder, an illegal ingredient on the SCD diet. This is being marketed to people who are on the SCD because they are sick. And the SCD diet is incredibly strict and requires total compliance. In my mind, that makes it unconscionable to include ingredients that shouldn't be there. Even if every single other recipe in the book meets SCD requirements, having 2 out of 7 savory goods recipes makes this cookbook a fail.

The recipes in this book are so good that my non gluten intolerant guests rave about the food. You don't feel deprived, eating horrible wheat replacement foods. Contrary to a comment from someone who didn't buy the book, the recipes don't use expensive ingredients and moderately simple. Contrary to another's comment regarding sweeteners, the book forbids artificial sweeteners. It is full of recipes that use honey. This is well explained in the book. My severe tummy trouble has been resolved as long as I stay on this diet. I recommend this cookbook even to people without

tummy troubles.

I am a coeliac, and my husband is a diabetic with a lot of digestive issues. I have researched Elaine Gottschall's work and am keen to get started with the SCD for both of us. This recipe book is just a delight, it is well set out, has amazing recipes that taste just divine, and they are culturally diverse so you can vary your daily meals with no problem. I am also dairy intolerant though, so that is going to be a challenge as a lot of the recipes use dairy. I can use yoghurt occasionally, but I have to limit my intake of it. My husband was a bit hesitant when I explained to him that he would need to follow the SCD for a minimum of 12 months, but after I showed him this recipe book (he loves to cook) and has tasted some of the recipes, he is more than happy to start this journey with me. I recommend this highly to everyone. It is not just a recipe book for SCD, it is a recipe book for life!!!

Great book for anyone with a diagnosis of UC or other intestinal ailment. The introduction has very good information relating to the rationale behind the SCD. The recipes are very good and easy to make, just what you'll need when you first start the SCD.

Fantastic book. I have been either adapting recipes for SCD or finding ones on blogs/sites. This book however is chock full of information regarding the basics of the SCD and shows you how to make things such as SCD compliant Balsamic Vinaigrette, Fish Sauce and spice mixes. All the recipes I have tried so far are delicious and flavorful. My favorite is the Cameroonian Peanut Fish...sooooo good! I believe Mr. Prasad has another recipe book which I will be purchasing in the future.

The introduction is very good. It states in simple terms what the SCD diet is. I have some issues with some of the recipes. I actually like Elaine's recipes the best from her book. (Breaking the vicious cycle) I bought this book because of all the good reviews. Many dishes are just not my taste. Also, the pages do not wipe clean if you get food on them. No disrespect to the author. I applaud him for carrying the torch for the cause. But other than a few good uses of almond flour, most of the meat dishes in this book-- I can find anywhere. My challenge has been finding good "bread" recipes. I have gotten some great recipes for free off the internet doing searches for "SCD diet recipes"... many have great blogs where they post recipes. I make a great sandwich bun from one I got there. Recipes from this book--Made the orange jello and it did not jell. Used organic oranges and fruit so it was an expensive failure. Made the eggplant parm last night and frying 4 eggplant in olive oil used

almost 3 cups of olive oil. Would not in the past use olive oil to fry like this..came out an oily mess. Did not like the breakfast burrito-texture of the "burrito". The "spiced herbed cheese crackers" were oily, and the grease ran off my baking pan in the oven. How many people have fresh sage, black mustard seeds, cardoman powder, allspice berries, saffron threads, and mint at their disposal? You need an herb garden to make many dishes. I do like some recipes, (the green peas soup and the spinach soup, asparagus soup, and some of the chicken dishes like the Thai green curry ) but you can find recipes similar to them in any cookbook using non-dairy-non grain ingredients.\*\*\*\* If you use this books' recommendations on how to make SCD yogurt, and you have the eurocuisine yogurt maker (with 7 glass jars), follow the yogurtmakers directions. The author of the book uses the Yogourmet yogurt starter, but you will only have to use one packet. If you use the book as a guide, you will think (as I did) that you have to use more than one packet (1 1/3) which would require you to use a small amount of a 2nd packet. (he states you need 2 packets (10 gms) of starter for 2 gal. (64 oz.) milk, leading one to believe you would need over one packet for 42 oz (jars with yogurt maker), which isn't the case. One packet (5 gms) is enough. I will share one of my own recipes I developed for SCD Banana waffles. No one will know they are grain free! 1 c. almond flour, 2 eggs, 1 very ripe banana, 1/4 tsp salt, 1/4 tsp baking soda, 1 tsp vanilla, 2 TB honey, 1/4 tsp cinnamon. blend in blender eggs, banana, vanilla and honey (I use my ninja), remove from blender (ninja) and add rest of ingredients and mix well. Use waffle maker greased with butter/coconut oil to prevent sticking. Top with SCD homemade yogurt and berries, or warmed honey.

I never considered myself a good cook...but now I have to be, on the Specific Carb Diet, or I will be so limited in food choices. I love this book! The recipes are simple and even I can't mess them up. I substitute beans for some of the flour, like in the foccacia recipe~~and it tastes so good, I can't believe it. I'm famous for substituting ingredients to make them lower in fat, and I still haven't hurt any results, with these recipes. The "scottish shortbread" is unbelievably delicious. I shared some of it as a gf (gluten free) communion wafer at my church~~for an alternative for those of us who are gf to be able to join in communion. I can't imagine anyone not liking this book...even if you're already a seasoned chef. I'm grateful for it. Many thanks and blessings to Raman Prasad!

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