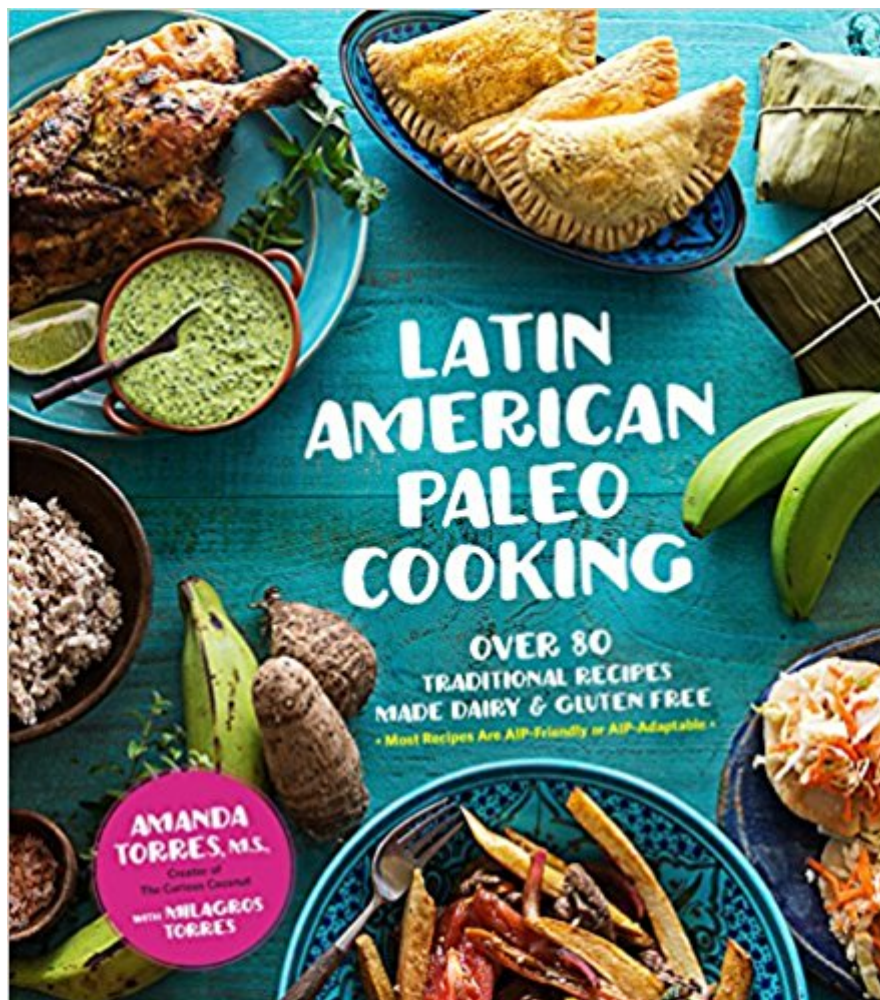


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# Latin American Paleo Cooking: Over 80 Traditional Recipes Made Grain And Gluten Free



## Synopsis

Paleo Recipes as Bold and Flavorful as They are Healthy Amanda Torres, founder of The Curious Coconut, tells a story of heritage and tradition with her recipes. In collaboration with her Puerto Rican mother-in-law, Milagros, she provides authentic recipes from Puerto Rico, Cuba, Colombia and Venezuela, among others. Discover a new, adventurous side to Paleo with recipes like Ropa Vieja (Shredded Beef in Tomato Sauce), Empanadas al Horno (Baked Meat Turnovers) and Pollo a la Brasa (Marinated Roasted Chicken). This is Paleo as you've never experienced before, embracing traditional Latin American comfort foods and also making them completely gluten-, dairy- and refined-sugar-free. Latin American Paleo Cooking introduces layers of flavor, and with over 80 recipes, you'll always have something new to try.

## Book Information

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## Customer Reviews

"Amanda is a genius in the kitchen! Her knack at re-creating traditional Latin American recipes that taste like the real deal yet without the grains, dairy and legumes will make this book an earmarked, food-splattered favorite in your cookbook collection." — Kelly Bejelly, author of Paleo Eats "I truly don't have words to express how excited I am about this book. This is my absolute favorite kind of cuisine, and now I can make it at home while keeping it authentic AND healthy! I've been waiting for this book!" — Liz Wolfe, NTP, author of Eat The Yolks "As someone who has always felt intimidated by authentic Latin cuisine (and has multiple dietary restrictions), Amanda's book is the perfect addition to my

kitchen. Her fun, easy-to-follow recipes now have me making flavorful meals that I would have never had the confidence to attempt on my own.

Jessica Espinoza, Certified Mind Body Nutrition Coach and founder of Delicious Obsessions

Amanda Torres, founder of the food and health website The Curious Coconut, has achieved life-changing results from adopting a Paleo diet. She has been featured in Redbook, The Huffington Post, First for Women, Mark's Daily Apple and others. She lives in Memphis, Tennessee.

I was worried about this book being too advanced for me, but there is really only one recipe that looks hard. I've made a few dishes and they have exceeded my expectations on flavor. I do live in the Midwest so there are some ingredients that I may not be able to find (not sure how that will change the tastes).

I am so excited about this cookbook and have been patiently waiting to get my hands on it. My family is all about authentic latin food since my husband is Latino. I really appreciate how much love and attention was given to the recipes in this book - they truly reflect traditional, authentic meals, with the added bonus of being allergy-friendly. I've already had the chance to cook a few things out of it. The queso blanco is unreal! It's SO delicious and so great for those of us that can't have dairy. My dairy-eating family members devoured and loved it too. My family has also been loving the tostones. I've made them several times and they're so yummy! This cookbook is for everyone, even those who do not eat Paleo. You'll find gorgeous, bold, full-color photography throughout the book plus nourishing, whole food recipes with crazy good flavors. This cookbook would make a lovely addition to any home collection plus it's a perfect gift for any foodie who loves to cook from scratch.

I love this book! I made the queso cheese first because my 14 yr old son has recently voluntarily given up gluten, dairy, and sugar. He misses cheese and hasn't liked any of the other "cheese" recipes. He likes this one! That alone is worth the money!

I only found out about the author of this book about a month ago, she runs a blog called the curious coconut. I've been trying to eat healthier and the paleo diet has been the closest to a diet I thought would easy to follow and enjoy. I decided to order this book since my other paleo books don't have many if any Latin type dishes and I've been so happy with it so far! I love the pictures and the

recipes look great. Would definitely recommend to anyone, paleo or otherwise.

Just received my book yesterday, and I am very pleased so far. I've only made a couple of the recipes (cheese, aji picante, Venezuelan arepas, and Vaca frita), but they are all SO yummy! I like that the recipes are made with ingredients you would typically find in a Paleo kitchen, and are flavorful! The other recipes look like they are going to be yummy as well, and I'm excited to be able to try out Latin recipes that are made with healthy ingredients! I'm sure I'll be just as pleased after making more of the recipes.

I pre-ordered this cookbook on a bit of a whim, and I'm so glad I did it. The book itself is beautiful, and has a really nice variety of recipes. I was also ecstatic to find that only 3 recipes out of the 80 in the book were not compatible with the Autoimmune Paleo Protocol! I've never really cooked any sort of Latin food before, but I've already gone to a local grocery store and picked up a bunch of new ingredients to make the recipes. Definitely worth buying for anyone, and especially if you are following a Paleo or AIP diet!

The dough was a little hard to work with, soooo going slow and not rushing is essential for success with these little guys. They are very good, though! Can't wait to try other favorites!

This book is amazing!!! Every recipe I have tried so far has not only been a hit with me, but my husband has been loving them as well! He told me to give it 25 stars but I only have the option of 5. There are modifications for people (like me) who are eating an AIP diet but they honestly have so much flavor, you wouldn't even now they are "missing" certain ingredients. I am so happy I purchased it. Thank you, Amanda for all of your hard work in developing these recipes and thank you, Milagros for passing down your culinarily traditions and knowledge.

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