



Back to Butter: A Traditional Foods Cookbook - Nourishing Recipes Inspired by Our Ancestors

Molly Chester, Sally Schrecengost

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It's time to get back to your roots (literally) with *Back to Butter*. It's time to get away from processed and industrialized foods and enjoy an energizing, nutrient-rich, and satisfying lifestyle. It's time to feel great!

The traditional food movement focuses on real, whole foods—foods that our ancestors ate—and is quickly becoming the diet and lifestyle of choice for those looking to nourish themselves in the most sound and natural way possible.

Traditional foods are unprocessed, naturally raised, traditionally prepared, deeply nourishing, and decidedly unrefined. Authors Molly Chester and Sandy Schrecengost take you through the basics of a traditional diet with ease and understanding, offering a list to get your pantry started and why some of the natural foods that you may have though you should avoid (like butter, eggs, full-fat dairy, and meat) are actually healthy and essential.

And eating a traditional diet doesn't mean you can't have your favorites!

- White Bean Chicken Chili
- Caesar Salad with Sourdough Herbed Croutons
- Baked Potatoes with the Works
- Buttermilk Pan-Fried Chicken
- Wonderful Winter Pot Roast
- Hummus, Guacamole, and Onion dips!
- Peach Caramel Pie
- Rich Chocolate Cake with Raspberry Sauce

Rediscover how great whole foods can be with this guide to natural, healthy meals that make you want to thank your grandmother's grandmother's grandmother.

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The reason? Because this Back to Butter: A Traditional Foods Cookbook - Nourishing Recipes Inspired by Our Ancestors is an unordinary book that the inside of the book waiting for you to snap that but latter it will surprise you with the secret this inside. Reading this book next to it was fantastic author who have write the book in such wonderful way makes the content inside of easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you for not hesitating having this nowadays or you going to regret it. This book will give you a lot of gains than the other book have got such as help improving your ability and your critical thinking technique. So , still want to hold up having that book? If I were you I will go to the e-book store hurriedly.

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