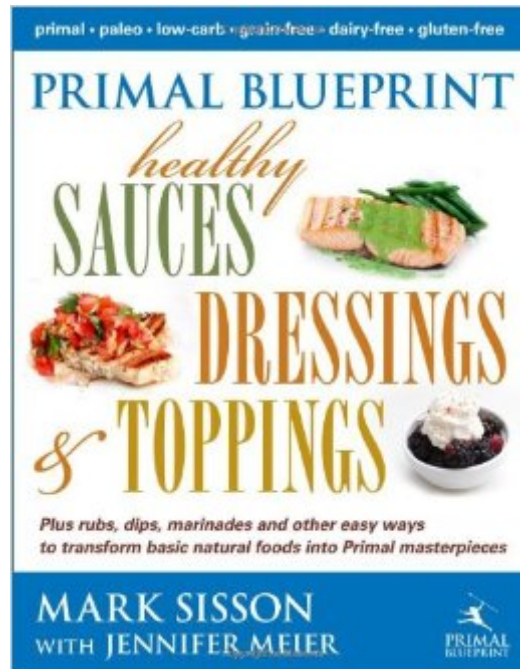


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# Primal Blueprint Healthy Sauces, Dressings And Toppings



## Synopsis

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## Book Information

Hardcover: 260 pages

Publisher: Primal Nutrition, Inc.; 1 edition (December 5, 2012)

Language: English

ISBN-10: 0984755152

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Product Dimensions: 6.9 x 1.1 x 9.2 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (127 customer reviews)

Best Sellers Rank: #138,492 in Books (See Top 100 in Books) #35 in [Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Sauces & Toppings](#) #36 in [Books > Cookbooks, Food & Wine > Special Diet > Wheat Free](#) #166 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#)

## Customer Reviews

I've been eating mostly-primal and paleo for some years now, and Mark Sisson's wonderful books have made it so much easier. It's not that I want to eat paleo-ified versions of pancakes, breads, or other unhealthy foods all the time, but it is nice to have the option to eat familiar foods sometimes and know I won't feel sick afterwards. That's where Mark's books really shine, is in bridging the gap between familiar and primal foods so we can feel genuine enjoyment in all of our food choices and not have to feel like we are missing out. The condiments and sauces are a place where I have struggled, because even though I have gotten pretty creative with roasting vegetables and pureeing them with spices and coconut milk to make sauces, doing my own homemade mayo, etc, I haven't felt like my own homemade sauces and condiments have been as good as I'd like, so I have occasionally used storebought dressings or traditional recipes with dairy or starches as thickeners when I have been too busy to try researching yet another new recipe that might be "the one". So given that I am such a huge fan of Mark's work, and given that I really needed ideas for sauces, dressings, and toppings, I thought that this book would be a slam dunk hit. And I am really enjoying it. But I have to say I'm a little bit disappointed because I was really hoping for a number of warm sauces that I could use over spaghetti squash, vegetables, and meats to make them seem like old familiar favorites. While this book shines in the dressings and condiments department, there are

very few sauces in the book that would be good warm, over dinner foods.

I cannot and will not be without this cookbook. It is full of easy and quick, well, sauces, dressings, and toppings, lol. Every single recipe has been delicious. One of the best things about this cookbook is that it makes for a dinner on the table in lightening speed. Steam some veggies or make a salad, grill or pan fry some meat or a burger, and use one of the recipes from this book. It makes for endless variety but easy, fast, healthy. Perfect for weeknights! Here are a few of my favorites: Tartar Sauce: I eat more fish because of this recipe. Simply amazing. And it works on everything from sole to salmon. And salmon cakes!! Hollandaise Sauce: So simple but so flavorful. A little goes a long way and a unique way to use it is as a dressing for a chopped salad with hard boiled eggs, tomatoes, avocado, cucumbers, scallions, and leftover roasted chicken. Of course it's great for the more typical uses as well. Sausage Gravy: 3 ingredients and amazing flavor. I watch my carbs so I top a spaghetti squash omelette (from the Quick and Easy primal blueprint cookbook) with this. I recommend the pork sausage from US Wellness. Spicy Poblano sauce: Perfect for a mexican fix without the junk. Pan sear any meat and top with this. Creamy Arugula Sauce: So summery and refreshing. I add some lemon juice and turn it into a dressing. Stir Fry Sauce: Delicious!!! I like to add a tsp of red boat fish sauce for some extra flavor. Coconut Milk Whipped Cream: Decadent! And guilt free. I top 1/2 cup of berries and sprinkle some slivered almonds for dessert. Ranch Dressing: The best ranch dressing hands down. I don't do dairy often but this is a nice splurge for me.

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