



Dashing Dish: 100 Simple and Delicious Recipes for Clean Eating

Katie Farrell

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***The Dashing Dish* is an inspirational cookbook chock-full of healthy, innovative yet simple recipes, most of which are gluten-free, sugar-free, and abundant in whole grains.**

Like many of us, twenty-four-year-old author Katie Farrell has struggled with her weight and healthy eating. As a teen she went through yo-yo dieting and was prone to eating disorders. But through God and a passion for food and cooking, she hit upon the formula that would transform her from unhealthy girl to confident woman.

In warm, accessible language and beautiful photographs, Katie shares 100 recipes for clean eating. Every recipe is simple to make and delicious to eat. Katie uses gluten-free oat flour in place of wheat flour, cottage cheese and yogurt in place of fat, and Stevia in place of sugar. Her tips are practical, her tone inspirational. Anyone looking to eat better for the rest of their life will want to own this book.



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