



The New Yiddish Kitchen: Gluten-Free and Paleo Kosher Recipes for the Holidays and Every Day

Jennifer Robins, Simone Miller

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Traditional Jewish Meals Made Healthier

From two leaders in the Paleo cooking community, *The New Yiddish Kitchen* is a fresh and healthful take on a beloved food tradition. Packed with over 100 traditional Jewish foods plus bonus holiday menus, this book lets you celebrate the holidays and every day with delicious food that truly nourishes.

Authors Simone Miller and Jennifer Robins have selected classic dishes?like matzo balls, borscht, challah, four different bagel recipes, a variety of deli sandwiches, sweet potato latkes, apple kugel, black & white cookies and more?all adapted to be grain-, gluten-, dairy- and refined sugar-free, as well as kosher. The book is a fun mix of new and old: modern with the whole-foods Paleo philosophy, and nostalgic with the cooking tips of Jewish grandmothers just like your own bubbe.

So when you're craving your favorite Jewish foods, don't plotz! Simone and Jennifer have got you covered with simple recipes for delicious Yiddish dishes you can nosh on all year long.

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