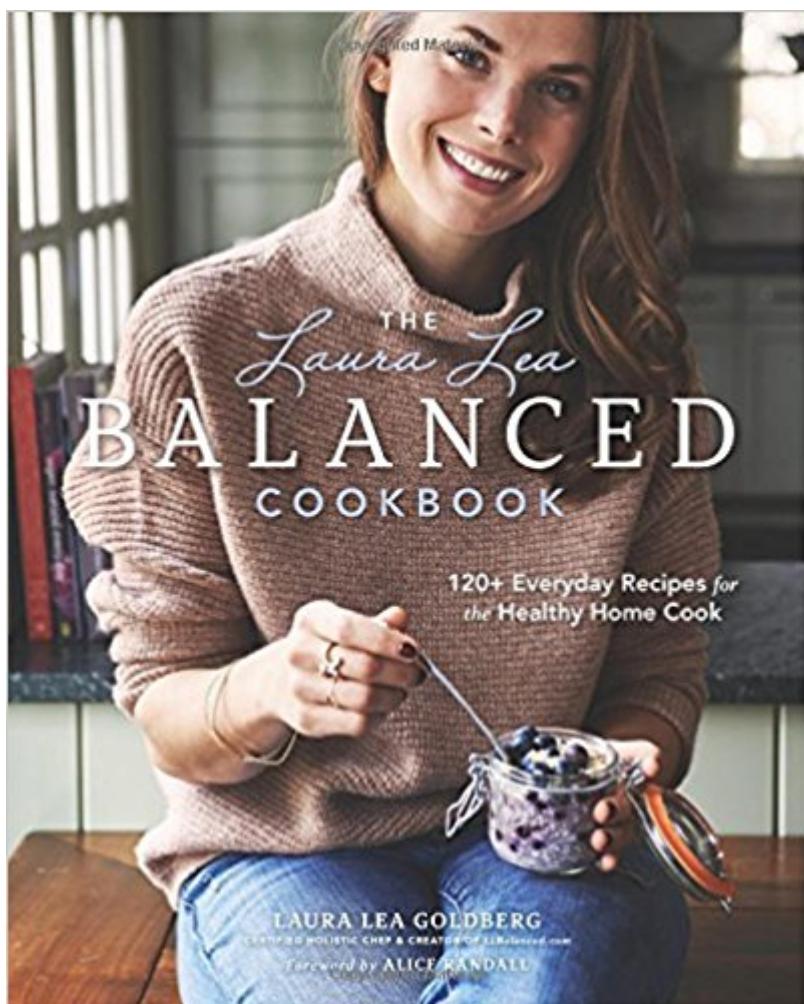


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# The Laura Lea Balanced Cookbook: 120+ Everyday Recipes For The Healthy Home Cook



## Synopsis

In Laura Lea Goldberg's new cookbook, *The Laura Lea Balanced Cookbook*, the rubber of old-fashioned home-cooking meets the road of new healthy-food. With over 120 approachable, comforting, make-ahead recipes, this first cookbook from the creator of the popular "LLBalanced" website reaffirms that balance is possible: you can find the joy, relaxation, and healing of cooking for yourself, family, and friends during these frenetic times. All of the recipes in *The Laura Lea Balanced Cookbook* are simple, familiar, and no-fuss. The majority of the recipes come together in thirty minutes or less and all are appealing to kids and adults alike, can be modified for picky eaters or can be proudly served at a dinner party. The food isn't dogmatic: a little of everything is used and flexibility is the key. With a focus on quality and moderation, the healthy aspects don't hit you over the head. They just make you feel good. With helpful shopping lists and easy-to-follow menu plans, *The Laura Lea Balanced Cookbook* will help any home cook create a foundation in the pantry and kitchen that will make the prospect of healthy cooking accessible and exciting, not stressful. It doesn't overthink things and focuses on consistency instead of perfection. In the end, *The Laura Lea Balanced Cookbook* will have you discovering the balance of cooking delicious, healthy meals at home while re-connecting with yourself, family, and friends.

## Book Information

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## Customer Reviews

"The Laura Lea Balanced Cookbook isn't your average cookbook. Laura Lea hits the mark between home-cooked nostalgia and whole food goodness with recipes that'll keep your taste buds satisfied and your belly full from dawn til dusk." (Edible Nashville)"A friendly and relaxed approach to healthy

eating. Goldberg's diverse and enticing recipes promise to make healthy eaters out of even the most reluctant." (Publishers Weekly)

Laura Lea Goldberg is a certified Holistic Chef, consultant, and founder/writer/photographer of the popular food website LLBalanced. After graduating from the University of Virginia, she discovered her passion for healthful cooking and nutrition while living a fast-paced corporate life in New York. She handed it all over to enroll at the Natural Gourmet Institute and headed back to her hometown of Nashville, Tennessee, to launch LLBalanced where she provides readers with affordable, comforting, and make-ahead family-friendly meals that are packed with nutrients and flavor. Her dishes are often remakes of Southern-influenced comfort food, with the intention that we can have the best of both worlds. She currently consults with individuals, corporations, and restaurants on all aspects of healthy eating and nutrition while contributing articles and recipes for, among others, Nashville Lifestyles, Southern Living, Shape, and Greatist.com. Laura Lea also has a regular local cooking segment on WSMV Channel 4, where she demonstrates how to make some of her most popular dishes. Alice Randall is the New York Times bestselling author of the novels, *The Wind Done Gone*, *Pushkin and the Queen of Spades*, *Rebel Yell*, and *Ada's Rules* and the only person to ever study with Julia Child for credit at Harvard. An acknowledged authority on African-American cookbooks, Randall teaches the course "Soul Food, in Text, as Text" at Vanderbilt University. She also writes country music, including Trisha Yearwood's now classic "XXX's and OOO's (An American Girl)." Randall has been recognized by the National Institutes of Health as a Health Champion and is Jamie Oliver's Food Revolution Nashville Ambassador.

Love this cookbook! 3 things that stand out to me about the functionality of the cookbook: 1) she explains the frequently used and perhaps less known ingredients (although not hard to find) in detail in the beginning of the book 2) she uses a lot of the same ingredients all throughout the cookbook, so it's very easy to make many different recipes with only one trip to the store 3) She lists pairings of her different recipes all throughout the book which makes meal planning a breeze AND 4) Gives examples for substitutions/ways to personalize the recipe for what the reader prefers or has on hand. Now when it comes to the actual recipes....My family (including my 1 year old) has loved everything I've tried so far. Brussel sprouts, breakfast cookies, fish tacos (the avocado crema in this recipe is now a staple for us), slow cooker butter chicken (I added chickpeas and spinach to this to amp up the veggies), crispy eggs with special spice mixture (obsessed-so simple but has totally revived eating eggs for me), everyday green smoothie, mocha smoothie, that's just naming the

recipes I've tried in the last week since getting the cookbook! I'm ordering one for my mom and my sister too.

First a big Kudos and lots of clapping for Laura Lea

I love The Laura Lea Balanced Cookbook. It arrived earlier today and I jumped right in. First recipe on my list is the Maple Pecan Pie Balls. There are so many wonderful things happening in this book. Let's talk about the hardbound cover and the exquisite paper. I love all things paper and this book definitely exceeded my expectations. I love that the recipes are not intimidating. I am a Chef in Training (I think forever) so the fact that I can't wait to try out many of the recipes is a good sign. Be sure to read The Introduction. I can't be the only one that actually reads a cookbook. Here is my favorite "I can fit into all of the trendy food diets and none of them, at the same time". I love that!!! In a world where the noise in our heads about eat this, don't eat this plays continuously it's nice to realize it's up to you. To listen to your body. I think I will. Now off to cook.

All my best Laura Lea. Robyn

AMAZING!! I've had this cookbook for 5 days and have used 11 of the recipes! My husband is already obsessed with the peanut butter breakfast cookies and the coconut-crusted baked chicken tenders with sweet chili dipping sauce. My favorite part about this cookbook is that the woman behind it is so inspiring, brave and kind. The Laura Lea Balanced Cookbook was worth every penny! Oh, and if you aren't following her on instagram, you should! (@lauraleabalanced)

This author thought of everything! Not only are the recipes healthy, but they are also tasty. This is NOT your average health food cookbook. She has included meal planning, grocery lists, pantry staples, etc. I have made the skirt steak, the chicken tenders, the garlicky oven potatoes, the guac, smoothies, and the black bean brownies. All are amazing! I'm not a vegan or dairy free, but there are MANY options for those who are -- included as variations and even full on vegan recipes. This cookbook will continue to be my go to...

This cookbook is AMAZING and for so many reasons! It not only is made up of great recipes that put a healthy spin on a lot of comfort food favorites, but it does a great job of educating the reader on how to approach cooking and eating in a way that creates a true balance. This book has provided me with the confidence to explore cooking and foods that I never would have considered

before, introducing ingredients that are delicious and packed with nutrition. What I love most is that the LL Balanced approach to food does not force me to give up the sweet and savory things that I love! I highly recommend this book to anyone who is looking for a cooking guide that will offer creative and easy recipes while also bringing an understanding of how to make the most of every meal, balancing nutrition with deliciousness. The love and hard work that Laura Lea has put into this book comes across in her attention to detail with each recipe, cooking instruction, and photograph. If you buy this book, you will not be disappointed!

I'm a big fan of the Laura Lea's blog ([lrbalanced.com](http://lrbalanced.com)) and Instagram feed, so I was expecting to like the book too, but I had to wait and try a few recipes first so I could write an informed review. I've now made four different recipes and put them to the test with my book club, a potluck, and a road trip with friends. The fact that I've gotten asked for the recipe every time is evidence enough that they've been crowd hits. Friends who are suspicious of gluten-free food never suspected the muffins and cookies were gluten free either. Laura Lea truly does take a refreshing "balanced" approach to healthier cooking. She doesn't ascribe to any particular diet, but she offers plenty of options for people who do (dairy or gluten free, paleo). Her recipes offer a more nutrition-filled take on old classics and creative new ideas alike. It's nourishing, delicious, real food you'll be excited to share with family and friends.

If there was an option to give this book more than 5 stars, I would! This is hands down my favorite cookbook yet. I've had this book for a couple of weeks now and since the day I got it, I've made something from her book at least once a day. That's the thing with this cookbook. It is extremely versatile. The best thing however, is that the recipes are so tasty! She makes clean, holistic eating actually enjoyable! I was first introduced to Laura Lea through another social media blogger and since the day I found out about her my eating habits, fridge and pantry have completely transformed. And I'm loving it. Her recipes are exciting, approachable and not fussy. Perfect for every day cooking. The book also contains information on kitchen essentials and ingredients you should invest in and why. Her blog is also a very informative site with tasty recipes as well! Already can't wait for more cookbooks from Laura Lea!

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