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Rachael's Good Eats: Easy, Laid-Back, Nutrient-Rich Recipes

By: Rachael DeVaux

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Instant New York Times bestseller! From an Instagram health, fitness, and food influencer with over half a million followers, Rachael's Good Eats is a beautiful, accessible four-color cookbook with over 100 recipes in every category from breakfasts, soups and hearty salads, to cozy comfort mains and all kinds of desserts! Rachael DeVaux's Good Eats makes cooking meals and daily treats enjoyable and keeps the prep and kitchen clean-up easy as can be. Many dishes are one-pan, and almost all are expandable from serves you and your roommate to a crowd. Most of Rachael's recipes are vegetable-forward and emphasize food as fuel, but you'll find that most are paleo-style and use an array of wholesome ingredients for flavor and to promote satiety. They are gluten-free, dairy-free (for the most part) and refined sugar-free. And her recipes are not only easy, but truly inventive! Paleo Apple Crisp Pistachio-Crusted Fish Tacos Banana Chai Waffles With Whipped Honey Butter Chocolate Chip Cookie Skillet Rachael's specialty is making over childhood favorites into healthy and better-for-you versions Nutter Butters Nutella spread Twix bars These recipes take ingredients you already like or already order out for and boost them with flavor to be so good they get into regular rotation! Photographs by Eva Kolenko

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