

Clear the clutter from your cooking with recipes and tips from Hallie Klecker, the voice behind DailyBitesBlog.com

Gluten-free, Dairy-Free Recipes Emphasizing Whole, Natural, & Colorful Foods

While eliminating gluten and dairy from your diet can be daunting in a world of packaged convenience foods and take-out, Hallie Klecker is here to help. After experiencing constant fatigue, unexplained weight loss, and digestive troubles for years, Hallie eliminated gluten and dairy from her diet and, as a result, has never felt better. Through living free of gluten and dairy and emphasizing pure, unrefined foods in her diet, Hallie has discovered that eating healthfully does not equal boring meals or a pantry stocked with hard-to-find ingredients.

“Living life without gluten or dairy doesn’t have to be limiting,” she says. “When you focus on pure, colorful ingredients, you’ll be amazed at the endless flavor and texture combinations you can create. By giving your body nutrient-rich food,” Hallie adds, “you’ll feel your very best from the inside out.” Eager to share her passion for healthy living with others, Hallie founded DailyBitesBlog.com, where she shares recipes and nutrition tips with thousands of readers every month.

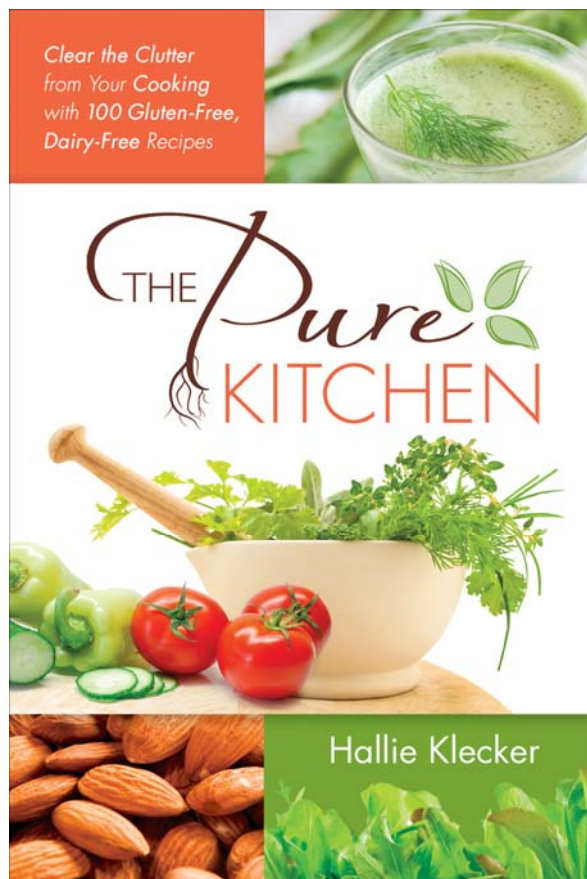
The success of Hallie’s website, along with the increasing public interest in health and natural foods, motivated her to write her newly released book, *The Pure Kitchen*. “I approach cooking from a love of eating,” Hallie says, “so I wanted my cookbook to be a celebration of healthy food, not just another diet book with rules and calorie counting. I believe that this book will positively impact people’s lifestyles, not just their waistslines.”

From energizing main dishes like Indian chicken and vegan Sloppy Joe’s to mouthwatering desserts like chocolate brownie balls and old-fashioned fruit crisp, Hallie’s nutritious and satisfying recipes are sure to inspire.

Hallie says, “a diet rich in colorful fruits and veggies, lean proteins, healthy fats, and gluten-free whole grains is quite possibly one of the healthiest around. When we eat these foods, I believe that we’re well on our way to living a pure lifestyle and maximizing good health.”



The Pure Kitchen is available for reviews, excerpts, and giveaways. For these or interview inquiries, please contact Hallie Klecker at 608-577-2896 or hallie@dailybitesblog.com.



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HALLIE KLECKER is the author of the gluten-free website Daily Bites (DailyBitesBlog.com) where she shares her passion for whole, natural foods. Hallie is a certified Nutrition Educator and former personal chef. She lives near Madison, Wisconsin. This is her first book.



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