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True Roots: A Mindful Kitchen with More Than 100 Recipes Free of Gluten, Dairy, and Refined Sugar: A Cookbook Paperback – April 3, 2018 by Kristin Cavallari (Author)

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1. Preheat the oven to 375°F. Rinse and pat dry the Cornish hens. 2. In a medium skillet over high heat, add the coconut oil, onions, apples, garlic, and mushrooms. Sauté for 8 to 10 minutes, or until the mushrooms reduce by almost half. Deglaze the mixture with the vinegar, stirring continuously.

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Book overview This Paperback Edition of Kristin Cavallari's True Roots : A Mindful Kitchen is autographed by Kristin Cavallari. From New York Times bestselling author of Balancing in Heels Kristin Cavallari comes a cookbook that reveals what she eats every day.

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Kristin Cavallari is a television host, designer, entrepreneur, and author of Balancing in Heels, a New York Times bestseller, and True Roots, which was named one of the five best gluten-free cookbooks ever published by MindBodyGreen. She stars in the E! show, Very Cavallari, based on the running of her lifestyle goods store in Nashville.

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