



The Trayer Wilderness Cookbook (Homesteading The Traditional Way) (Volume 1)

Tammy Trayer

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We focus heavily on a whole foods diet, which initially started 13 years ago with the gluten-free and casein-free diet to help aid our son's autism, but it has turned into a passion because we can see and feel the difference such a diet has on our overall well-being. Processed foods have so many additives and preservatives that are causing many of today's health struggles. By simply cooking from scratch and eating a whole foods diet you can remedy many of your ailments. This cookbook is our family's favorite recipes, tips and tricks in the kitchen, cooking and baking with essential oils, our knowledge on gluten-free and dairy-free cooking, solar & wood stove cooking and so much more.

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Larry Boggs:

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