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Preheat your oven to 350F. Using a food processor or blender, pulse together all the ingredients except for the water. Add the cold water, a bit at a time, until the

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Specific carbohydrate diet (scd): recipes -

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An interview with Erica Kerwien the author of Cooking for the Specific Carbohydrate Diet and a giveaway of the book.

Specific carbohydrate diet: diet review

The Specific Carbohydrate Diet (SCD) is a very restrictive, can have difficulty dealing with food and side effects from medications and food intolerances.

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Please welcome guest blogger and author, Erica Kerwien, to share with us a recipe from her book, Cooking for the Specific Carbohydrate Diet: Over 100 Easy, Healthy

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