

## The Yeast Free Cooking Manual

More and More research is being done about yeast, and other food allergies and intolerances. And, more and more symptoms are being identified. Symptoms that for years were attributed to other causes. Eliminating Yeasty foods will improve your health and could lessen or even eliminate some or all of these symptoms and diseases:

Sugar cravings  
Weight Gain  
Food allergies  
Headaches  
Diarrhea &/or Constipation  
Abdominal pain  
Bloating and gas  
Swollen joints  
Aches and pains  
Brain fog  
Sluggishness  
Depression

Skin problems such as rashes,  
eczema and psoriasis  
Attention Problems  
Memory & Concentration  
Problems  
Asthma  
Autism  
Arthritis and other autoimmune  
diseases  
Chronic Vaginal Yeast  
Infections  
Chemical Sensitivities

Crohn's Disease and other  
abdominal difficulties  
Fibromyalgia  
Thrush  
"Hangover" symptoms  
...and more added all the time!

## Frizzled Cabbage

**Origin:** The Cooking Diva - Lori Winders

**Yield:** Serves 4-6

**Prep Time:** 10 minutes

**Cooking Time:** 10 minutes

**Difficulty:** Easy

### Ingredients:

- 1 head cabbage
- 3 tbsp. extra virgin olive oil
- salt & pepper to taste

### Description:

This is a tasty twist to cabbage that even those who think they don't like cabbage will eat!

### Directions:

Remove outside dirty leaves of cabbage. Cut the cabbage in quarters, by cutting in half and then half again. Lay a quarter on its side and cut in at an angle to remove the core. Discard the core. Next, slice the cabbage into thin shreds.

Heat a skillet over medium high heat. Add the olive oil and then the cabbage to the hot skillet. Season with salt and pepper. Stir constantly until the cabbage begins to brown and caramelize.

Taste to adjust seasonings and serve.



Lori Winders, "The Cooking Diva," is an international cookbook author, online entrepreneur, speaker and founder of [Cooking What's Left](#).

She knows what it is like to sit across from a doctor telling her what all she can't eat any more because she is "allergic." And, asking the question, "What's Left?"

She also knows that America is killing itself slowly with our fast-food, unhealthy, toxic laden diet. There are too many people young and old being diagnosed with auto-immune disorders, diabetes, Alzheimer's, lupus, fibromyalgia, cancer, and the list goes on. Something has to change.

Her goal is to make healthy eating quick, easy and available to anyone who wants to make the change. Keep up to date on the latest from Lori here at her blog...[The Cooking Diva](#).

Send us your favorite recipes and give the Diva a chance to convert it into a healthy, quick and easy recipe that you and your whole family will enjoy. Also, let us know of any allergies and ingredients that you need substitutions for. And, share your healthy recipes with us. Contact Us by [Clicking Here](#).