

How Kristin Cavallari's New 'True Roots' Cookbook Will Help You Eat More Mindfully

Rachel Bshero · Apr 3, 2018

Kristin Cavallari's highly-anticipated *True Roots* (\$26) cookbook comes out today, and it's already on the list of [bestselling cookbooks on Amazon](#) — including the number one new release in [gluten-free diets](#), yet is it worth purchasing? We've scoured the cookbook to give you more insight, plus tried two recipes — ideal for warmer weather and summer barbecues — so you can get a feel for Cavallari's new book. For those who aren't interested in dieting but want to eat healthier, you may be inspired to turn to Cavallari's 80/20 lifestyle. She eats 80 percent whole foods and 20 percent whatever she wants. The 80 percent inspired her new *True Roots* cookbook as it's filled with recipes containing minimally-processed, gluten-free, organic foods with minimal dairy and no refined sugars.



We tried two recipes, both intended for outdoor entertaining. The [Rosé Sangria](#) was a hit. The addition of fresh basil complemented the sweetness of the strawberries and mango. If you can't decide between cranberry or raspberry sparkling water, we suggest trying [La Croix's Cran-Raspberry](#) flavor. To preserve the effervescence of the sparkling rosé, we added the chilled wine just before serving.

ROSÉ SANGRIA

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See Recipe Here: <https://www.brit.co/true-roots-cookbook-recipes/>