

**ELANA
AMSTERDAM**

AUTHOR OF
*The Gluten-Free
Almond Flour
Cookbook*

PALEO COOKING *from Elana's Pantry*

GLUTEN-FREE, GRAIN-FREE, DAIRY-FREE RECIPES





PALEO COOKING

from Elana's Pantry

Gluten-Free, Grain-Free,
Dairy-Free Recipes

Elana Amsterdam

PHOTOGRAPHY BY LEIGH BEISCH


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To my Bubby, Molly Amsterdam,
an incredible cook and entrepreneur
who fed me in so many ways.



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Acknowledgments

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Finally, thanks to Helen McCusker for thirty years of friendship and for overnighting me rhubarb to me in Boulder when it was out of season here.

Introduction

I've been eating grain-free for well over a decade, since 2001. While I am very focused on using the foods I eat to improve my health, my primary goal has been to bring people together around *good food*. For me, this means creating tasty dishes that appeal to everyone, not just those with dietary restrictions.

My friends say that when I'm trying to perfect a new recipe I am like a dog with a bone—don't stop until my recipe tastes like the classic dish that I aim to emulate, sometimes testing a recipe as many as thirty times until I get it just right.

Where does this drive come from? It stems from the love I have for my oldest son (now fourteen, diagnosed with celiac at age two) and my desire for him to have food that is delicious and enticing. In other words, I don't want him to covet the food his friends eat. I want his friends to clamor for the food that I make—and they do. When the boys bring their friends by the house, they all dig in to piles of homemade bagels with healthy spreads, high-protein cookies (made with almond flour), and wholesome ice cream made with coconut milk, hemp seeds, and honey. During sleepovers they raid my kitchen for a midnight snack—little do they know how nutritious the food they are “sneaking” is.

My culinary journey started with an Ayurvedic training that began in 1993. (Ayurveda, or the science of self-healing, is a five-thousand-year-old system that originated in India; it emphasizes balancing the body, mind, and spirit through diet, lifestyle, and exercise.) Ayurveda became quite handy just a few years later in 1998, when I was diagnosed with celiac disease. Initially, I relied on the gluten-free diet; however, this did little to improve my digestion.

My husband, concerned about my continuing digestive distress, researched solutions and found the Specific Carbohydrate Diet (SCD). This diet was created by the brilliant Elaine Gottschall, with whom I later became friends via a series of long telephone conversations. In 2001 I began eating grain-free, and I have ever since.

In 2006, after several years of creativity in the kitchen, I started my blog, [Elana's Pantry](#), where I have a collection of more than seven hundred grain-free recipes.

In the meantime, the grain-free diet, for the most part now referred to as the Paleo (or ancestral) diet, has taken the culinary world by storm. Now, when I'm at book signings, all types of people tell me about their love of Paleo eating; many want to eat like a caveman.

As interest in the Paleo diet has grown, I've adapted many of its additional tenets, including eliminating legumes and dairy. I also avoid some nightshades (including tomatoes, potatoes, peppers, and eggplant), which proponents of the Paleo diet say may possibly be detrimental to those with autoimmune conditions. Further, given the number of friends I have with nut allergies, I've drastically increased the number of nut-free recipes in this book.

As food allergies continue to increase, I am happy to cut out allergens while rising to the challenge of keeping favorite foods flavorfully in the picture. I hope you enjoy this new book.

and the evolution it has taken from my past work.

WHY PALEO?

For most of humankind's 2.5-million-year existence we have lived as hunter-gatherers. It has only been in the last ten thousand years, with the advent of agriculture, that we have begun to eat the modern grain-based diet.

What we have come to realize, however, is that a grain-based diet may be detrimental to certain individuals. Why? It is possible that not all of us have the genetic makeup to digest grains.

The Paleo diet was first outlined by Dr. S. Boyd Eaton in the *New England Journal of Medicine* in a 1985 article called "Paleolithic Nutrition." It was further researched, refined, and popularized by Dr. Loren Cordain, who writes, "By restoring the food types that we are genetically programmed to eat, we can not only lose weight, but also restore our health and well-being."¹ That's great news for many of us with chronic, untreatable conditions such as multiple sclerosis, diabetes, and arthritis.

Personally, I have found that a plant-based diet with small amounts of lean animal protein makes me feel less inflamed and more energetic. However, for me there is more to a healthy lifestyle than diet. Light exercise and good sleep are also components of our ancestral lifestyle that we too can employ.

After adopting a grain-free diet, I continued to fine-tune my healing journey by increasing my sleep and reducing the intensity of my exercise. By listening to my body, I figured out that this was what I needed. At that point, I didn't realize that what I was doing was part of a bigger health movement, so I was thrilled when I came across the works of Loren Cordain (*The Paleo Diet*), Robb Wolf (*The Paleo Solution*), and Mark Sisson (*The Primal Blueprint*), as my beliefs and practices closely resembled their own.

I have benefited so much from implementing my grain-free diet that I decided to write this book to help you get on the road to health as well. If you are already on that road, this book will make your life a little simpler—and tastier, too—with its recipes for quick and healthy dishes made from unprocessed foods.

Eating the way of our ancestors is not a fad. It is a potent solution for people with health conditions, as well as a good strategy for those who are ready to benefit from a healthier diet. Whether you have an autoimmune condition or are a high-performance athlete looking to reduce inflammation and improve your recovery time, the simple, healthy, gluten-free, grain-free, dairy-free, legume-free, and nightshade-free recipes in this book can help you achieve your goals.

With the availability of so many ultramodern foods today, we face many choices. That's why I urge you not only to use these simple, healthy recipes, but also to purchase organic foods whenever possible, eat local and wild foods, and avoid genetically modified products (which, incidentally, are very highly regulated in Europe).

I enjoy eating comforting, familiar dishes that use terrifically healthy ingredients. The dishes on the following pages are those my family and I eat on a daily basis—especially the [Roasted Broccoli](#) and [Avocado Kale Salad](#) (which my younger son likes to make for us).

think you'll find that eating a Paleo diet is delicious and, if you choose to make these recipes part of your repertoire, there is really no reason to adhere to the "80-20 rule" advocated by some (eating Paleo foods 80 percent of the time and the standard American diet the remaining 20 percent of the time). As someone with autoimmune conditions, I find that eating gluten- and grain-free foods 100 percent of the time is best for my body, and that the recipes here are satisfying enough to eat day-in and day-out.

PALEO DIET GUIDELINES

People often worry that a grain-free diet does not have enough fiber. However, as you can see from the table below, vegetables and fruit actually have more fiber than grains.

Comparison of Nutritional Values: Grains versus Vegetables and Fruit²

Nutrition Info (100g)

Sunflower Seeds (dried)

Fiber: 8.6 g

Carbohydrates: 20.0 g

Protein: 20.78 g

Avocado (raw)

Fiber: 6.8 g

Carbohydrates: 8.64 g

Protein: 1.96 g

Broccoli (cooked)

Fiber: 3.3 g

Carbohydrates: 7.18 g

Protein: 2.38 g

Cabbage (raw)

Fiber: 2.5 g

Carbohydrates: 5.8 g

Protein: 1.28 g

Potatoes (white, baked)

Fiber: 2.1 g

Carbohydrates: 21.08 g

Protein: 2.1 g

Brown Rice (long-grain, cooked)

Fiber: 1.8 g

Carbohydrates: 22.96 g

Protein: 2.58 g

White Rice (long-grain, cooked)

Fiber: 0.4 g

Carbohydrates: 28.17 g

Protein: 2.69 g

While it might seem confusing at first to know which foods are or aren't considered Paleo here are some general guidelines:

Meats. Emphasize lean meat, including cuts of beef, pork, and lamb. Also include poultry such as chicken, turkey, and other types of game. Avoid processed meats such as cold cuts.

Seafood. Seafood, including fish and shellfish, is permitted on the Paleo diet. Eat wild, not farmed, fish, as it is higher in healthy nutrients and not fed pesticides, antibiotics, and dyes. Stick with wild-caught salmon or smaller fish such as flounder, sole, pollock, cod, and halibut. Avoid large fish such as swordfish and tuna, as they tend to accumulate mercury and other toxins.

Vegetables. Green vegetables are a Paleo diet superstar, as they are high in fiber and rich in vitamins, minerals, and important micronutrients. Eat as much kale, broccoli, chard, zucchini, and so on, as you like. Root vegetables such as onions, winter squash, carrots, beets, turnips, and radishes are also excellent foods. Dr. Cordain discourages the consumption of white potatoes, and I personally adhere to this recommendation.

Fruit. Fruit is a wonderful source of fiber (which slows down the absorption of the accompanying sugar), antioxidants, and phytochemicals. Include fruit such as apples, apricots, avocados, bananas, all types of berries, figs, kiwis, mangoes, melons, and citrus, including lemons, limes, and oranges. If you are trying to lose weight, limit your fruit intake. Because dried fruit and juice have a high glycemic load, Cordain recommends that these foods are eaten in minimal quantities by everyone.

Nuts and Seeds. Nuts and seeds are rich in fat and fiber and full of good protein. Cordain recommends limiting consumption to less than four ounces per day for those trying to lose weight, however, because of a high level of omega-6 fats (which in excess can cause inflammation) I recommend that those following a Paleo diet consume no more than a half ounce per day, which is about a handful. This is why so many of the baked goods recipes in this book are made with coconut flour rather than nut flour. Just a note, peanuts are not permitted on the Paleo diet, as they are a legume, not a nut.

Fats and Oils. Coconut oil, palm oil, cocoa butter, and lard are permitted on the Paleo diet for cooking and other uses. Cordain states that olive oil is a good oil, though not a “best” oil and is to be used for cooking less than the aforementioned oils.

Eggs. Cordain states that our ancestors only had access to eggs on a seasonal basis and that it is best to keep egg consumption to around six per week. Personally, I tend to eat just a bit more than that. I buy chicken eggs that are high in omega-3 fatty acids, as they are nutritionally superior to the eggs of chickens fed a diet high in omega-6 grains.

Foods to Avoid. The Paleo diet does not include the consumption of cereal grains, dairy, or legumes (a fancy name for beans), therefore the recipes in this book are grain-free, gluten-free, dairy-free, and legume-free. The Paleo diet also does not include the consumption of processed foods such as soft drinks and candy.

Exceptions. I make an exception (as many Paleo cookbook authors do) when it comes to a few select foods by including small amounts of salt, some modern condiments (such as oil, vinegar, and mustard), and the ingredients to make some treats (baking soda, vanilla extract, honey, stevia, and chocolate). If you are trying to eat exactly like a caveman, don't use those foods. And don't cook on a stove. And don't ... well, you get the idea. For me the Paleo diet is about eating healthy, and at the same time, not feeling deprived. As always, modify and adapt to what works best for you.

HOW TO USE THIS BOOK

I have included a sweetness indicator for many of these recipes. It will let you know which dishes to make when you are in the mood for a slightly sweet treat or a more decadent dessert. Recipes that do not have a significant amount of sweetener do not have a sweetness indicator.

Many of the recipes in this book are allergen-free. The following symbols indicate which recipes are suitable for nut-free and vegan diets.

Nut-free:  Vegan: 

1. Cordain, Loren, *The Paleo Diet*. New York: John Wiley & Sons Inc., 2002, 4.

2. US Department of Agriculture—Agricultural Research Service, National Nutrient Database. <http://ndb.nal.usda.gov/ndb/foods/list>.



The Paleo Pantry

The recipes in this book are made of real food, the kind that grows in your garden, can be hunted in a field, or caught from a stream. These recipes are also simple, because as much as I love to cook, I have plenty of other priorities that take place outside of the kitchen.

A couple of things are important when making the recipes in this book. First, use the precise ingredients specified here (see the description of ingredients that follows). Second, note that because many of the ingredients used here are so new on the market, they often vary a great deal from brand to brand, so please use the brands listed.

Finally, in the words of the great Ina Garten, “Follow the recipe precisely when you make it the first time. After that, you can always modify it to your personal taste.” This is even more important when it comes to using new ingredients that are less familiar to you. So follow each recipe to a “T” the first time you make it, then experiment on your second or third time around.

The following are some of the ingredients and equipment I use in this book. For information on where to purchase these items, please refer to the [Sources section](#).

ALMOND FLOUR

I have written an entire book on almond flour, and it’s one of my favorite ingredients. Made from blanched and very finely ground almonds, this ingredient is rich in flavor, easy to use, and very healthy. I highly recommend Honeyville almond flour for these recipes—it is what I use in my own kitchen.

ARROWROOT POWDER

I use arrowroot powder as a thickener in syrups and sauces instead of cornstarch, as many people (including myself) cannot tolerate corn and its by-products.

CHIA SEEDS

Chia seeds are highly nutritious and one of the only vegetarian sources of omega-3 fatty acids. I use ground chia seeds in [Hot Cereal](#). For more chia seed recipes, go to my blog [Elana’s Pantry](#).

CHOCOLATE

I use Dagoba dark chocolate chips that are 73 percent cacao. I have also experimented with fabulous new brand called Kallari and had excellent results with their chocolate as well.

COCONUT CREAM CONCENTRATE

I discovered coconut cream concentrate a few years ago, and I've recently begun using it in a number of my recipes. Often referred to as coconut butter, it is simply coconut meat in concentrated form.

COCONUT FLOUR

Coconut flour is made from finely ground, dried, and defatted coconut. It is high in fiber and low in carbohydrates.

Coconut flour is fabulous for baking and results in light and fluffy muffins and cakes. It is unique in that a little goes a very long way. Recipes that use coconut flour use an extremely high ratio of wet ingredients to dry that is very different from the ratios used in typical baking. This is because coconut flour sucks up a ton of moisture. Everything I know about coconut flour I learned from Bruce Fife's fantastic book *Cooking with Coconut Flour*.

COCONUT MILK

Creating a cookbook with everything from dinners to sauces to desserts without using dairy is not a simple feat. Coconut milk makes this challenge possible, and tasty to boot.

For recipes such as [Coconut Whipped Cream](#) and [Basil Cream Sauce](#), I use the fat from a can of coconut milk. I have a trick (which I learned from Marla, who blogs about healthy food at [Family Fresh Cooking](#)) for getting the fat out of the can easily. First, place a can of coconut milk in your refrigerator overnight. Take it out of the refrigerator and place it on your counter upside down. Remove the lid (actually, the bottom) from the can and pour out the liquid, which you can reserve for smoothies or another use. You will be left with the coconut fat. Be sure to purchase regular coconut milk; do not buy reduced-fat or "lite" versions for any of the recipes in this book, as they will not work.

COCONUT OIL

I recommend using unrefined virgin coconut oil in many of my recipes. Store it at room temperature, and melt it over very low heat prior to use. I use coconut oil for sautéing vegetables, as an ingredient in baked goods, and in smoothies.

Even though it was once strongly frowned upon, coconut oil is now rapidly gaining favor among the traditional medical establishment. Allopathic doctors are citing its positive effects on HDL cholesterol and triglycerides, as well as its potentially neuro-protective properties. Personally, I just like the way it tastes.

COCONUT PALM SUGAR

I use organic blonde coconut palm sugar from Sweet Tree for recipes such as [Blueberry Coffee Cake](#) and [Banana Bread](#), among others. Coconut sugar has a lovely caramel flavor that is somewhat similar to that of brown sugar. This sweetener is low on the glycemic index. However, given that all sweeteners, from honey to fruit juice concentrate, are best consumed in small amounts, I use it and all other sweeteners in this book sparingly, reserving them for special occasion treats.

EGG WHITE PROTEIN POWDER

Several years ago my dear friend Betsy introduced me to Frank Zane protein powder. Healthy and delicious, it contains pure egg white protein along with stevia. I use this ingredient in smoothies, and I've been experimenting with putting it in various protein bar recipes that I'm developing for my blog.

FLAX MEAL

Flax meal is made by grinding whole flaxseeds. It is best to store this ingredient in the freezer, as it is full of powerful oils and compounds that can go rancid very quickly. I use both golden and brown flax meal, depending on the results that I want. In my recipe for [Bagels](#), I use golden flax meal, as it makes the bagels light and airy and gives them a nice lift. I use brown flax meal in my [Nut-Free Bran Muffins](#), as it imparts a heartier taste and deeper, darker color.

HEMP

I use hemp seeds in my recipe for [Nut-Free Crackers](#) and in many of my ice creams. I learned about using hemp seeds in ice cream from my friend Kelly Brozyna at the [Spunky Coconut](#) website. Kelly wrote the book on dairy-free ice cream called *The Spunky Coconut Dairy-Free Ice Cream*.

HONEY

I use wildflower honey from Madhava, which I purchase in a glass jar. I don't like buying ingredients in plastic containers due to the endocrine-disrupting chemicals that plastic can contain, as well as the odd flavor that it sometimes imparts.

MUSTARD

Mustard lends a delicious flavor to dressings, poultry, and fish. Be sure to purchase a brand of Dijon mustard that does not contain added sugar. I recommend True Natural Taste Certified Organic Stone Ground Dijon Mustard, which I purchase at my local Whole Foods.

NUT AND SEED BUTTERS

I use a variety of nut and seed butters in my recipes, including almond butter, macadamia nut butter, and sunflower seed butter. Nut and seed butters are high-protein, nutritionally dense foods that add delicious flavor and texture to everything from sauces to ice creams. While most home cooks are familiar with almond butter and macadamia nut butter, sunflower seed butter is a nut-free alternative that is a fabulous replacement for peanut butter and other nut butters.

OLIVE OIL

I use a high-quality extra-virgin olive oil for dressing salads and most other cooking projects. Be sure to use a very mild-flavored olive oil when making [Paleo Mayonnaise](#).

SALT

Stick with Celtic sea salt in these recipes, as it tastes a tad less salty than other types. I use finely ground Celtic sea salt in my recipes because you don't want to end up with little boulders of salt in your baked goods.

SESAME OIL

I love the flavor of sesame oil, which adds an Asian flair to many of my entrée and vegetable recipes. Use Eden Select brand *toasted* sesame oil for the best results. Raw sesame oil does not impart the delicious nutty flavor that the toasted version contains.

SHORTENING

I use Spectrum all-vegetable shortening, made of organic palm oil, in everything from [Paleo Pancakes](#) to [Blueberry Coffee Cake](#). While I like to use coconut oil in many of my recipes, I choose shortening when I want to create a more traditional and neutral flavor profile.

SPICE HUNTER SEASONINGS

Spice Hunter seasoning blends, which are gluten-free and made from fresh spices, are a convenient shortcut when you want to add lots of flavor to recipes without using a laundry list of spices. I use their Greek Seasoning in the [Greek Turkey Burgers](#). I purchase my Spice Hunter seasonings online—they have an incredible selection of high-quality blends.

STEVIA

Stevia is a wonderful herbal sweetener made from the stevia plant. I use stevia in the liquid form, as it has fewer additives than the powdered type. The key to choosing stevia is to pick a brand that does not have a strong aftertaste. I use SweetLeaf brand stevia (liquid) in both the plain and vanilla crème flavors.

UME PLUM VINEGAR

I was introduced to ume plum vinegar during my Ayurvedic training. This vinegar, made from umeboshi plums, has a lovely tart taste and adds incredible flavor to savory dishes. Use the Eden Select brand ume plum vinegar.

VANILLA EXTRACT

Please don't skimp on vanilla! Using a high-quality vanilla extract will make all the difference in your recipes. I use organic gluten-free vanilla extract manufactured by Flavororganics.

FOOD PROCESSOR

I use my food processor almost every day to make everything from burgers to baked goods. It is one of my favorite kitchen tools.

HIGH-POWERED BLENDER

The Vitamix is the most used appliance in my kitchen. I use it for ice cream, sauce, smoothies, and shakes.

MAGIC LINE LOAF PAN

After testing my bread recipes in pans of many different sizes and types, I've found that the 7.5 by 3.5-inch Magic Line loaf pan is perfect. In my tests, standard-size loaf pans were too big and left the bread undercooked, but this pan does the trick, turning out gorgeous loaves. Use it for [Paleo Bread](#), [Nut-Free Bread](#), [Rye Bread](#), and [Banana Bread](#).

Breakfast

Bagels

Apricot Muffins

Nut-Free Bran Muffins

Paleo Pancakes

Crepes

Blueberry Coffee Cake

Cinnamon French Toast

Cran-Apple Power Bars

Hot Cereal

Super Spice Granola

Breakfast Sausage

Strawberry Power Piña Colada



Bagels

Bagels

MAKES 6 BAGELS

I hadn't had a bagel in more than a decade when Jenni Hulet, author of the blog *The Urban Poser*, left a comment on my website alerting me that she had made grain-free bagels. I serve these toasted and topped with smoked salmon and scrambled eggs.

1½ cups blanched almond flour
¼ cup golden flax meal
1 tablespoon coconut flour
1 teaspoon baking soda
¼ teaspoon sea salt
5 large eggs
2 tablespoons apple cider vinegar
1 tablespoon poppy seeds (optional)

Preheat the oven to 350°F. Grease a donut pan with coconut oil and dust with coconut flour.

In a food processor, pulse together the almond flour, flax meal, coconut flour, baking soda and salt. Add the eggs and vinegar and pulse until thoroughly combined.

Place the batter in a resealable plastic bag, snip off one corner, and pipe the batter into the prepared pan. Sprinkle the bagels with poppy seeds.

Bake for 20 to 25 minutes, until a knife inserted into the center of a bagel comes out clean. Let the bagels cool in the pan for 1 hour, then serve.

To store, leave at room temperature overnight, then refrigerate in an airtight container.

Apricot Muffins

MAKES 8 MUFFINS • SWEETNESS: MEDIUM • 

Delicately flavored, these apricot muffins are a great way to start your day along with a cup of [Dandelion Root Coffee](#). Or, topped with a little frosting, they're a wonderfully healthy dessert.

½ cup dried apricots
¼ cup coconut flour
¼ teaspoon baking soda
¼ teaspoon sea salt
4 large eggs
½ cup coconut oil, melted over very low heat
⅛ teaspoon vanilla crème stevia

Preheat the oven to 350°F. Line 8 muffin cups with paper liners.

In a food processor, pulse the apricots for 1 to 2 minutes until well chopped into small pieces; they may form a ball. Pulse in the coconut flour, baking soda, and salt, then pulse in the eggs, coconut oil, and stevia until thoroughly combined.

Scoop ¼ cup of the batter into each prepared muffin cup.

Bake for 15 to 25 minutes, until a toothpick inserted into the center of a muffin comes out with just a few moist crumbs attached. Let the muffins cool in the pan for 1 hour, then serve.

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