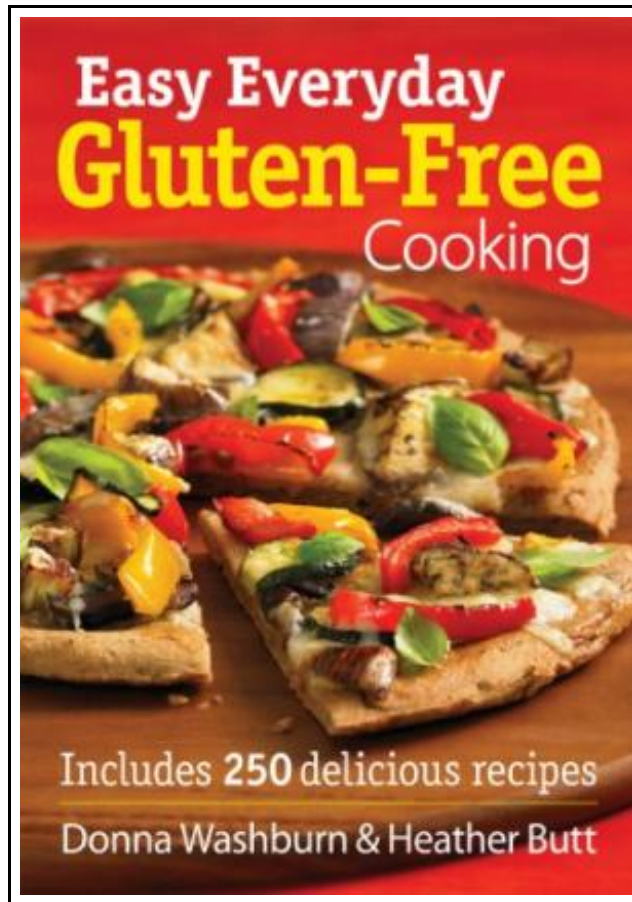


## Easy Everyday Gluten-free Cooking: Includes 250 Delicious Recipes



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*It is one of my personal favorite books. It is written in easy terms and never hard to understand. It has been designed in an exceedingly easy way and it is only after I finished reading this publication by which in fact changed me, change the way I think.*

***(Lucinda Stiedemann)***

## EASY EVERYDAY GLUTEN-FREE COOKING: INCLUDES 250 DELICIOUS RECIPES



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Robert Rose Inc. Paperback. Book Condition: new. BRAND NEW, Easy Everyday Gluten-free Cooking: Includes 250 Delicious Recipes, Donna Washburn, Heather Butt, Enjoy all the sensational food that is typically avoided in gluten-free diets. Let's face it: two of the worst things about adopting a gluten-free lifestyle is having to give up all your favourite foods and spending loads of extra time in the kitchen. But gluten-free foods don't have to be plain or unappetizing and you don't need to spend hours in the kitchen. All you need is a well-stocked gluten-free pantry and the sensational recipes found in Easy Everyday Gluten-Free Cooking. These recipes offer numerous ideas for healthy, tasty meals. No more cooking separate meals for a friend or family member who has coeliac disease or a wheat allergy - everyone will enjoy this fabulous food. Tasty and innovative meal ideas cover everything from baked goods, pasta dishes, appetizers and family meals to mouth-watering desserts. This book also shows how to take advantage of the ever-widening variety of gluten-free flours that are now available at your local grocer. Outstanding gluten-free recipes are beautifully organized for ease of use and preparation whatever the time of day or occasion: Breakfast and Brunch; Appetizers; Soups, Salads and Dressings; The Main Event; Quick Breads; Bread Machine Recipes; Heavy-Duty Mixer Recipes; Holiday Fare; Delicious Desserts; Sweet Treats. Also included is useful information on maintaining a gluten-free lifestyle - whether you're just beginning or simply need to check in for a quick reference. Sections such as The Gluten-Free Pantry, Handling Gluten-Free Flours and Starches, Gluten Cross-Contamination in the Kitchen, Healthy Choices for Eating Out - Or In! Travelling Gluten-Free Safely and Nutritious School Lunches are invaluable. Adopting a gluten-free style of cooking and baking needn't be a chore - it can fun and surprisingly easy...



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