

WHEAT AND GLUTEN FREE RECIPES



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Gluten Free Recipes don't eat wheat

(Gluten Free, Can be Dairy Free) Adapted by jalene from a recipe off allrecipes.com Ingredients: 2 Tbsp butter (use olive oil to make Dairy Free)

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Wheat gluten food Wikipedia

Wheat gluten is a food made from gluten, the main protein of wheat. It is made by washing wheat flour dough with water until all the starch granules have been removed, leaving the sticky insoluble gluten as an elastic mass which is then cooked before being eaten.. Wheat gluten is an alternative to soybean-based foods such as tofu, which are sometimes used as meat substitutes.

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Gluten Wikipedia

"Gluten-related disorders" is the umbrella term for all diseases triggered by gluten, which include celiac disease (CD), non-celiac gluten sensitivity (NCGS), wheat allergy, gluten ataxia and dermatitis herpetiformis (DH). Currently, their incidence is increasing in most geographic areas of the world.

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