Have you ever offered to make food for a friend with celiac disease and heard the response of “that’s ok, making food gets really complicated for me, but thanks for offering” to your offer?

If they did take you up on your offer, did you search through online gluten free recipes only to be overwhelmed with the amount of food that contains gluten and feel like there is no way you can make anything that is actually gluten free?

That is where my website comes in. Cooking for Celiac disease

It is an Informational website that gives the basic requirements to cook for people who have Celiac Disease.

Among the content you will find tips and tricks for reading food labels,

links to gluten free recipe blogs,

as well as frequently asked questions.

This site is simple to navigate and can be used by anyone to learn how to make gluten free food.