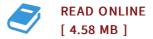




The Dairy-Free Gluten-Free Kitchen: 150 Delicious Dishes for Every Meal, Every Day

By Denise Jardine

Ten Speed Press. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 8.9in. x 7.4in. x 0.6in.Pizza, Pancakes, French Toast, Lasagna, Ice Cream, Browniesyou thought they were off-limits forever but now theyre back on the menu! The Dairy-Free and Gluten-Free Kitchen offers more than 150 flavorpacked recipes created especially for those who must avoid dairy and gluten in their dietsproving that you no longer have to abandon the foods you love, even when you do have to give up the dairy and gluten that doesnt love you. Denise Jardines The Dairy-Free and Gluten-Free Kitchen addresses these issues and many more, demystifying the confusing and often conflicting data about what defines healthful eating. Along with a deliciously varied selection of dishes, Denise shares her master recipes, including her all-purpose Gluten-Free Flour Mix, Dairy Milk Alternative, Fiber-Rich Sandwich Bread, Creamy Macadamia Pine Nut Cheese, and Soy Velvet Whipped Creamkey staples that make Classic French Toast, Mushroom Kale Lasagna, Rustic Heirloom Pesto Pizza, and Pumpkin Cheesecake possible. In addition to being entirely dairy- and gluten-free, each recipe has been calibrated to reduce or eliminate the need for refined oil and sweeteners. And for those who must avoid eggs, nuts, and soy products, recipes that...



Reviews

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