



## Complete Gluten-free Cookbook: 150 Gluten-free, Lactose-free Recipes, Many with Egg-free Variations

By Donna Washburn, Heather Butt

Robert Rose Inc. Paperback. Book Condition: new. BRAND NEW, Complete Gluten-free Cookbook: 150 Gluten-free, Lactose-free Recipes, Many with Egg-free Variations, Donna Washburn, Heather Butt, "Enjoy the sensational food that is typically avoided in gluten-free diets." Gluten-free foods needn't be plain or unappetizing. When there's a food allergy such as celiac disease, wheat intolerance or lactose intolerance, that usually means cooking two separate meals. That's no longer the case, however, thanks to the imaginative recipes in Complete Gluten-Free Cookbook. Everyone can enjoy these tantalizing recipes, which include everything from baked goods, pasta dishes, appetizers and family meals to mouthwatering desserts. Here is a sampling of the inspired gluten-free recipes, most of which have an egg-free variation: Asparagus risotto Wild rice latkes Skillet cornbread Bacon and tomato biscuits Coconut shrimp Curried beef with rice noodles Date orange streusel cake Cherry almond biscotti Pear hazelnut tart Shirley's old-fashioned donuts. In addition to the 150 recipes, there is extensive information about various gluten-free flours, legumes and rices. Also included are tips and techniques for baking lactose-free and egg-free products, making the book helpful for those with other allergies.



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