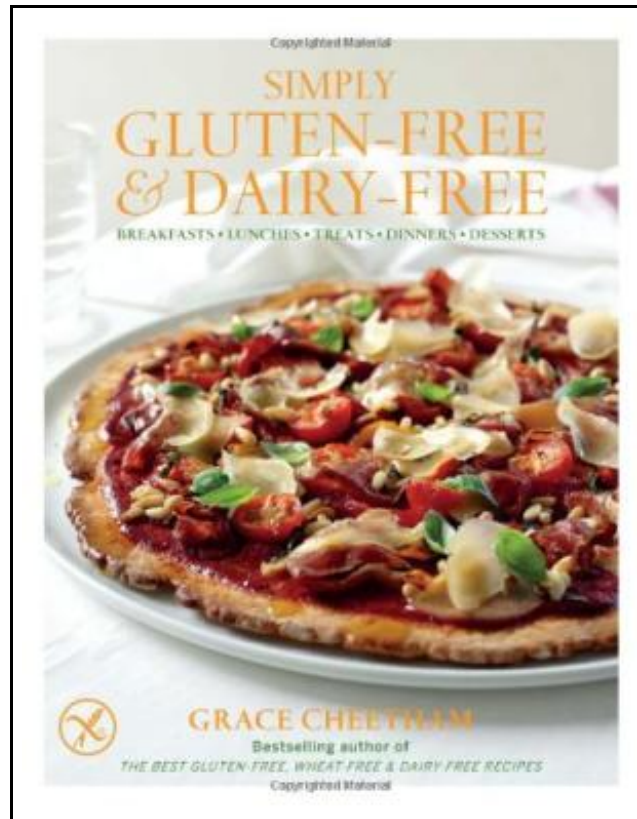


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Watkins Media. Paperback. Book Condition: new. BRAND NEW, Simply Gluten-free and Dairy-free: Breakfasts Lunches Treats Dinners Desserts, Grace Cheetham, Free-from cookery and products are now a staple of every magazine and supermarket, and Grace Cheetham has developed a reputation as one of the country's leading personalities in this area. For many, the prospect of making gluten-free and dairy-free food seems incredibly daunting, so they will either buy ready-made produce (which is usually low in nutritional value and high in price) or sometimes not bother at all. But Grace Cheetham reveals just how easy it can be to make wonderful gluten-free and dairy-free food. Whether you're suffering from allergy-related IBS, eczema, asthma, migraines or chronic fatigue, or if you are coeliac, this book will show you how to use substitute ingredients and simple cooking techniques to make mouth-watering meals. With power-packed breakfasts such as Brioche with Caramelized Peaches, sustaining lunches such as Artichoke, Parma Ham & Olive Pizza and delicious dinners such as Salmon en Croute or Lasagne, as well as sweet treats such as Raspberry & Rosewater Cupcakes and heavenly desserts such as Chocolate Fondant, here are tried and tested recipes for you to cook for yourself, your family and your friends - and all stress-free!.



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