



Student's Gluten-Free Cookbook For Dummies

By Nancy McEachern

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Student's Gluten-Free Cookbook For Dummies, Nancy McEachern, The easy, delicious, and nutritious way for students to eat gluten-free At least 3 million Americans are affected by celiac disease, and as awareness of this genetic disorder grows, more people are adopting the required gluten-free lifestyle. Student's Gluten-Free Cookbook For Dummies is a perfect resource, featuring cooking and nutritional advice along with dishes that are tasty and simple for young adults to prepare using low-cost and easy-to-obtain ingredients. Student's Gluten-Free Cookbook For Dummies shows you how to cook classic college meals such as pizza and pasta .gluten-free. It tailors the information and recipes to your needs, considering time, cooking expertise, budget, and unconventional cooking methods. The book includes a brief explanation of gluten and the benefits of living without it, tips on reading labels and budgeting, and more than 160 recipes outlining the ingredients, cooking time (emphasizing any shortcuts), cost, and easy-to-follow directions. The recipes cover the categories of breakfast, lunch, dinner, dessert (including the challenge of gluten-free baking), easy-on-the-go snacks, and gluten-free entertainment food. This title includes dishes that can be assembled in about 5 minutes, microwave meals, tips for...



READ ONLINE
[2.64 MB]

Reviews

I just began looking over this pdf. It is one of the most amazing pdf i have study. I discovered this book from my dad and i recommended this pdf to understand.

-- **Merritt Kilback II**

Good e book and useful one. I have got read and that i am confident that i will likely to go through once more again later on. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Angela Blick**