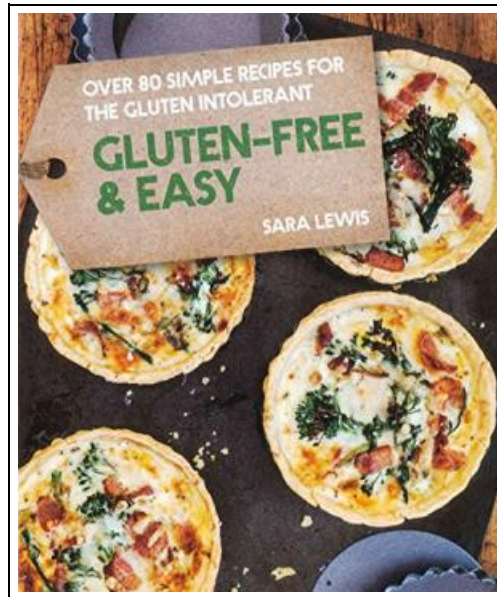


Gluten-Free & Easy: Over 80 Simple Recipes for the Gluten Intolerant



Filesize: 1.36 MB

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(Mrs. Kylie Oberbrunner II)

GLUTEN-FREE & EASY: OVER 80 SIMPLE RECIPES FOR THE GLUTEN INTOLERANT



Pavilion Books. Hardback. Book Condition: new. BRAND NEW, Gluten-Free & Easy: Over 80 Simple Recipes for the Gluten Intolerant, Sara Lewis, A modern gluten-free diet is a simple way to get back to feeling fit and healthy. In these pages you'll find delicious, approachable and easy recipes packed with vibrant flavours that you will be happy to share with friends and family. Your guests won't even realize that they are eating gluten-free! You or your child, partner, relative or friend may have been advised by a doctor to go gluten-free. At first, this may seem a huge challenge, but gluten-free eating needn't mean missing out on the treats that others take for granted. Cakes, breads, pastries and puddings are all within reach. Gluten-free ingredients are now readily available from your local supermarket or health food shop (or online) and can be transformed into fab suppers to share with friends and family, from pasta dishes, pizzas and pancakes to light, moreish cakes and deliciously crumbly pies and tarts. If you have just been diagnosed with coeliac disease, what you can buy and what you can cook may seem a little bewildering - you will need to avoid wheat, barley, rye, and any products containing them. If you have been diagnosed for a while you may feel as though you always cook the same dishes, week in week out. In this book you will find inspirational new recipes to eat alongside your old favourites, along with many tips and variations to create a wide-ranging gluten-free repertoire.



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