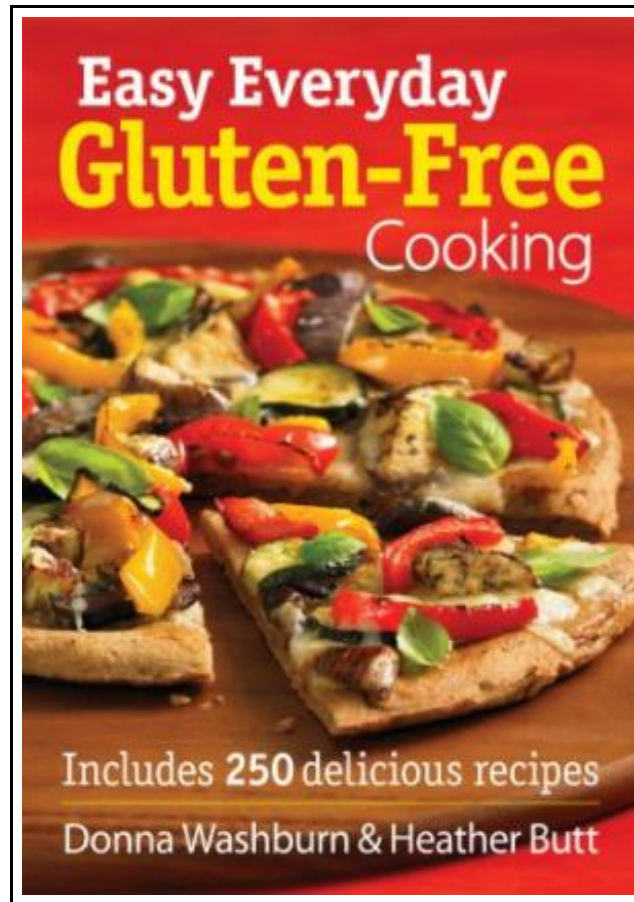


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Robert Rose Inc. Paperback. Book Condition: new. BRAND NEW, Easy Everyday Gluten-free Cooking: Includes 250 Delicious Recipes, Donna Washburn, Heather Butt, Enjoy all the sensational food that is typically avoided in gluten-free diets. Let's face it: two of the worst things about adopting a gluten-free lifestyle is having to give up all your favourite foods and spending loads of extra time in the kitchen. But gluten-free foods don't have to be plain or unappetizing and you don't need to spend hours in the kitchen. All you need is a well-stocked gluten-free pantry and the sensational recipes found in Easy Everyday Gluten-Free Cooking. These recipes offer numerous ideas for healthy, tasty meals. No more cooking separate meals for a friend or family member who has coeliac disease or a wheat allergy - everyone will enjoy this fabulous food. Tasty and innovative meal ideas cover everything from baked goods, pasta dishes, appetizers and family meals to mouth-watering desserts. This book also shows how to take advantage of the ever-widening variety of gluten-free flours that are now available at your local grocer. Outstanding gluten-free recipes are beautifully organized for ease of use and preparation whatever the time of day or occasion: Breakfast and Brunch; Appetizers; Soups, Salads and Dressings; The Main Event; Quick Breads; Bread Machine Recipes; Heavy-Duty Mixer Recipes; Holiday Fare; Delicious Desserts; Sweet Treats. Also included is useful information on maintaining a gluten-free lifestyle - whether you're just beginning or simply need to check in for a quick reference. Sections such as The Gluten-Free Pantry, Handling Gluten-Free Flours and Starches, Gluten Cross-Contamination in the Kitchen, Healthy Choices for Eating Out - Or In! Travelling Gluten-Free Safely and Nutritious School Lunches are invaluable. Adopting a gluten-free style of cooking and baking needn't be a chore - it can fun and surprisingly easy...



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