



Easy Everyday Gluten-Free Cooking: Includes 250 Delicious Recipes

Donna Washburn, Heather Butt

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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 favorite 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 celiac 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!, Traveling 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 be fun and surprisingly easy if you have the right recipes and tools. You'll find all this and more in this wonderful cookbook.

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