



The Gluten-Free Gourmet Cooks Fast and Healthy: Wheat-Free and Gluten-Free with Less Fuss and Less Fat

Bette Hagman

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The Gluten-Free Gourmet Cooks Fast and Healthy is the perfect cookbook for those who must put together a gluten-free meal at the of the long working day

From the author of *The Gluten-free Gourmet, 2nd edition*, here are more than 275 recipes for gluten-free pasta, baking, and soup mixes that are as easy to use as anything from the grocery store. With new bean flours to add to the other gluten-free flours, there are also fantastic recipes for gluten-free breads, cakes, cookies, pies, and pastries and other desserts.

Complete with frequently-asked questions about Celiac Disease, *The Gluten-Free Gourmet Cooks Fast and Healthy* is a helpful resource for cooks mindful of dietary restrictions.

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