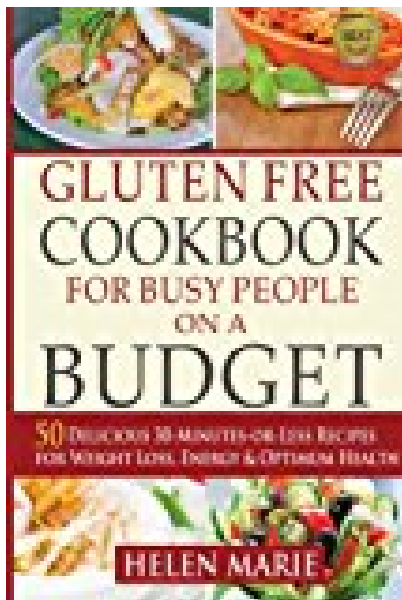


Gluten Free Cookbook for Busy People on a Budget 50 Delicious 30-Minutes-or-Less Recipes for Weight Loss Energy & Optimum Health Nutritious ... for Healthier Living series Volume 1



BOOK DETAILS

- Author : Helen Marie
- Pages : 102 Pages
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BOOK SYNOPSIS

A veteran of the gluten-free diet, Pamela takes the mystery out of gluten-free cooking and infuses it with flavor. --Alice Bast, CEO of Beyond Celiac Cooking for a family with varying dietary restrictions can be a challenge--especially if one of the restrictions is gluten, which is in many of our favorite foods. Its easy to find yourself cooking one thing for your gluten-free eater and another for everyone else. And its even easier to find yourself giving in to those expensive, processed foods in the gluten-free aisle of your grocery store. Pamela Ellgen is all too familiar with this story. As a wife and the mother of two boys, one of whom eats a gluten-free diet, she knows firsthand the stress that comes with cooking for multiple diets. As a food blogger, certified personal trainer, and author of the bestselling Healthy Slow Cooker Cookbook, she knows that for every dietary restriction theres the perfect dietary solution. In The Gluten-Free Cookbook for Families Pamela shares her family-friendly gluten-free solutions with you! Enjoy the simple, healthy, budget-friendly recipes in this gluten-free cookbook that meet your gluten-free eaters dietary needs while meeting everyones craving for scrumptious home cooking. No time? No worries! The recipes in this gluten-free cookbook can be made in 30 minutes or less. From breakfast, lunch, and dinner to sides, sauces, and snacks--youll never be without options with 150 tasty gluten-free recipes to choose from. Where theres one dietary restriction theres likely more. This gluten-free cookbook provides multiple substitutions for avoiding the Big 8 allergens. Nearly all recipes can be made with your basic kitchen appliances using everyday ingredients. Special recipes that require ingredients that are more expensive than others, but worth is for special occasions, are clearly labeled "Splurge-Worthy." The Gluten-Free Cookbook for Families is your essential resource for serving quick, healthy, affordable, gluten-free meals that offer the variety and flavors your family will love.

**GLUTEN FREE COOKBOOK FOR BUSY PEOPLE ON A BUDGET 50
DELICIOUS 30-MINUTES-OR-LESS RECIPES FOR WEIGHT LOSS ENERGY &
OPTIMUM HEALTH NUTRITIOUS ... FOR HEALTHIER LIVING SERIES**

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