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Eat Well, Live Well with Gluten Intolerance: Gluten-Free Recipes and Tips (Paperback)

By Susanna Holt

Skyhorse Publishing, 2015. Paperback. Condition: New. Language: English . Brand New Book. Gluten-Free Recipes and Tips More than one hundred delicious gluten-free recipes! Maintaining a gluten-free diet--a vital part of a healthy lifestyle with celiac disease or gluten intolerance--can be a serious challenge. Eat Well Live Well with Gluten Intolerance can help. With the 150 delicious recipes included here--such as pumpkin feta cheese pizza and flourless chocolate walnut cake--eating well has never been so simple or so tasty! Each recipe includes easy, step-by-step instructions and detailed dietary information, and the beautiful photos will get you excited about cooking for health and pleasure. Here you ll also learn what unlikely foods may contain gluten (dill pickles and sausage, for example) and which foods will make you feel your best. Try these simple and delicious dishes: Eggplant sambal Mini potato and leek quiches Seafood risotto Red lentil and parsnip soup Herb-cruste lamb roast Chicken and leek pie Poached pears in vanilla-lemon syrup Rhubarb muffins Pumpkin and coconut tart This handsome full-color book is the inspiration you need to eat well and live well. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks,...



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