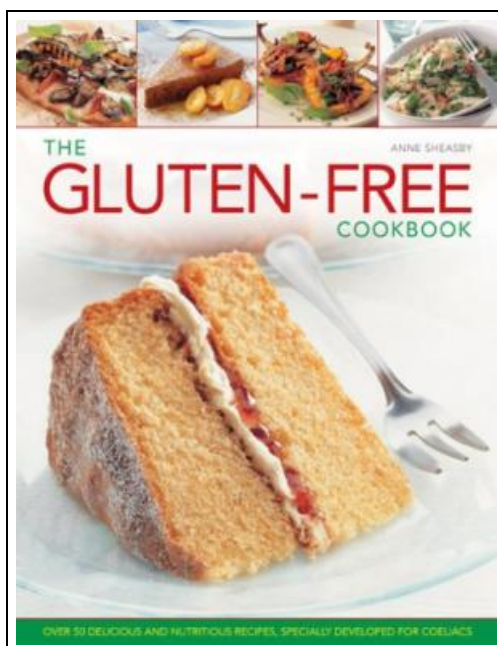


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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, The Gluten-free Cookbook: Over 50 Delicious and Nutritious Recipes, Specially Developed for Coeliacs, Anne Sheasby, This title features over 50 delicious and nutritious recipes, specially developed for coeliacs. It offers essential information on eating a balanced diet and staying healthy without wheat, barley, rye or oats. It includes: special menus for entertaining, picnics and social events, plus brilliant ideas for children - from tempting party treats to healthy packed lunches; everyday and exotic recipes perfect for anyone on a gluten-free diet and equally tasty for those who are not; delicious recipes include Fresh Mushroom Soup with Tarragon, Chicken and Leek Pie, Harvest Vegetable and Lentil Casserole, and Lemon Cheesecake with Forest Fruits; and at-a-glance nutritional information given for every recipe. It features detailed step-by-step instructions, professional cook's tips and variations, and over 220 sumptuous photographs to guarantee complete success every time. Coeliacs have an intolerance to gluten - one of the proteins found in wheat, barley, rye and oats - but there's no reason why a gluten-free diet can't be both healthy and varied. This book combines tasty and nutritious gluten-free recipes with essential information on following a gluten-free diet. There are popular everyday dishes such as Vegetable Moussaka, as well as special treats such as Braised Lamb with Apricots and Herby Dumplings. Even cakes, breads and pastry are included, as well as irresistible recipes for children. With over 220 photographs and easy-to-follow instructions, the book offers a wealth of inspiration for gluten-free eating.



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