



Deliciously G-Free: Food So Flavorful They'll Never Believe It's Gluten-Free (Paperback)

By Elisabeth Hasselbeck

Ballantine Books, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. From the author of The G-Free Diet and the co-host of ABC's The View comes a vital book about scrumptiously satisfying gluten free food with easy-to-follow recipes, healthy tips, and full-color photographs throughout for families managing celiac disease as well as anyone who is concerned about their intake of wheat and other grains. Growing up in a family where everyone came together at the dinner table, Elisabeth Hasselbeck savored the signature meatball, lasagna, and ziti dishes of her grandmother and great-grandmother, and the pierogies of her father's heritage. But a decade ago, the Emmy Award winning co-host of The View, New York Times bestselling author, and mother of three was diagnosed with celiac disease, and the family recipes she grew up with suddenly became strictly off-limits. Or so she thought. Getting rid of gluten, however, doesn't have to mean giving up taste. Deliciously G-Free combines Hasselbeck's knowledge for healthy living and passion for tasty food to bring you 100 delectable, easy-to-make, and family-friendly gluten free recipes. By adding a variety of other ingredients to the fridge and pantry, she's perfected scrumptious...



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Reviews

This written book is excellent. It really is rally fascinating throgh studying period. You are going to like the way the writer write this publication.
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