

Wheat-Free Sugar-Free Desserts 31 Classic Recipes for Today's Healthy Diets



BOOK DETAILS

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BOOK SYNOPSIS

Prepare gluten-free dishes that are delicious and nutritious Want to create tasty gluten-free meals and snacks? Gluten-Free Cooking For Dummies is loaded with more than 150 wheat-and gluten-free recipes. These sweet, spicy, and aromatic dishes prove that living the gluten-free lifestyle can be not only fun and easy, but delicious and nutritious too! This practical, guide shows you how to find and select the right ingredients and prepare classic healthy dishes for breakfast, lunch, dinner, and dessert. You'll find out what you can and can't use in gluten-free cooking, learn to spot the hidden gluten in foods, discover surprising ways to save money when you go shopping, and even manage your weight. You'll also learn how to convert your current favorite recipes to gluten-free delights using ingredients you probably already have in your kitchen. Covers the medical, practical, and emotional aspects of living gluten-free Includes more than 150 tasty recipes, including gluten-free ethnic dishes and a section of quick and easy starter recipes, which is new to this edition Shows you how to boost nutrition and flavor in your dishes Gives you the know-how to make any meal gluten free Complete with delightful lists of gluten-free comfort foods and kids favorites, as well as tips for converting a kitchen to a gluten-free workspace, Gluten-Free Cooking For Dummies is the best way yet to stay happy, healthy, well-fed, and wheatless!

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