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Gluten-Free & Easy: Healthy & Delicious Dinners & Desserts

Sara Lewis

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Gluten-free recipes for breads, pies, pizzas, and cakes make adapting to a gluten-free diet easy

With 75 recipes and step-by-step guides to making gluten-free pastries, breads, cakes, and more, and a glossary of gluten-free ingredients such as flour mixes and xanthan gum, this is the only book home chefs need to change their diet for ever. The wide range of dishes also includes other treats that are conventionally gluten-based, such as dumplings, pancakes, pasta, and Chinese sauces. The chapters are based around mealtimes, with lots of ideas for meals that are conventionally gluten-heavy, such as portable lunches and speedy suppers. A simple guide to ingredients to avoid and gluten-free alternatives completes this invaluable cookbook and resource. Includes dual measurements.

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