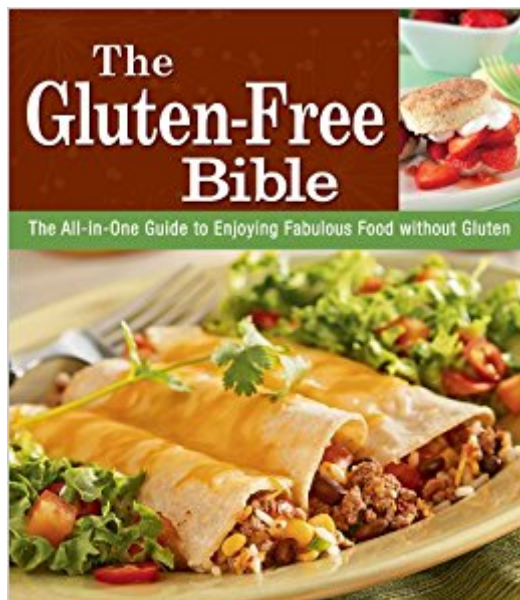


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The Gluten-Free Bible



Synopsis

The Gluten-Free Bible offers more than 100 recipes for food dishes that do not contain gluten, including pizza, cookies, and cakes. Whether you are avoiding gluten for medical reasons or because you feel better without it, the cookbook will instruct you on using healthful ingredients in your cooking. Try easy recipes with quinoa, chickpea flour, and rice noodles. The cookbook's 22-page introduction helps you understand gluten, how to read a food product label, how to stock your kitchen cabinets with gluten-free products, and how to make gluten-free flour mixes. You'll find photos of finished food dishes, plus photo help with tricky procedures, such as shaping gluten-free dough. There are chapters of kid-friendly recipes, baked goods, and desserts. Many of the recipes are dairy-free, too. Here is a sampling of the recipes in the Gluten-Free Bible: Apple Crepes Cheese Souffle Southwestern Meatloaf Cajun Chicken & Rice Strawberry Shortcake Mixed Berry Crisp

Book Information

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Customer Reviews

On the subject of baked products, I like this book because the all-purpose flour blend contains some flours that pump up the fiber. The gluten-free flour blend for breads also includes flours that are high in fiber. Some of my favorite baked goods from this book include: Olive & Herb focaccia with the wonder toppings including kalamata olives, rosemary, thyme, fresh minced garlic and Romano cheese. Cinnamon Scones. Strawberry shortcakes fudge cookies, rich and chocolatey with semisweet choc chips, butter and dutch process cocoa powder (what a treat) Our family loves eggplant, so we really like the midweek moussaka recipes, Salmon- potato flakes with mustard tartar sauce - so good and a great tartar sauce with mayo, sour cream, coarse grain mustard, lemon juice and

chopped pickle if you like. Southern fried catfish with hush puppies. flourless chocolate cake. I feel the best part of the book is the flour blends, they work well and they have the fiber. A lot of the main dish recipes are just so so.

We have made maybe 10 recipes from this book - every one of them has been stellar. I never knew I could like food without gluten so much!! The flourless cake is the best I've ever had/made. The other recipes are wonderful too. Nice work here!!

Going wheat/gluten free is not easy, in fact it is WAY HARD since bread (wheat-made) is such a staple. This book as well as others have helped me greatly. I do not have celiac disease but was feeling listless and just tired all the time, so went wheat-free. I have much more energy and have lost about 30 pounds which helps with the energy deficit also. Another thing. Cooking/baking wheat-free takes practice, just like baking a great loaf of wheat bread takes practice. I suggest folks keep practicing. It is definitely worth it.

This is a wonderful cookbook with beautiful pictures for almost every recipe. I love that they have a dairy-free variation for many of the recipes as we have several people in the family that are dairy intolerant besides gluten. There are several recipes without eggs (granddaughter cannot have eggs) that were wonderful. Just made the fudge cookies...so good. Also tried the chocolate pudding...delicious. And the golden kolachy recipe was absolutely the best. No one could tell that they were gluten free!! love the flour mix as well. It uses almond flour and I think that that has made the difference in the baked goods. Very happy with this book. I am going to buy a copy for my daughter and granddaughter as well.

The recipes are great and seem to be uncomplicated. There are many I will use! The only thing is, they are packed full of fats/sugar and calories. I guess I didn't think gluten free would be so rich in those areas but even so, if someone is not worried about such things then this book has some amazing recipes for you. I'm not so sure I personally would order it again but that doesn't make it a bad book, just not quite what I was looking for.

Since my daughter has had to go gluten free this has been my go book for hints, help and recipes. We now have a dozen recipes that we make regularly and for non gluten free people too because they are so tasty (better than my gluten recipes) and no one can tell they are gluten free

I like the book - I have some stomach issues and I am sensitive to some products but not all to go Gluten free. I do need to stay away from some of the breads and ice cream so this book helps you figure out an alternative to try if you stomach gets upset after eating it. Glad I have it on hand.

A good variety of things to try gluten-free.

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