



The Gluten-Free Kitchen: Over 135 Delicious Recipes for People with Gluten Intolerance or Wheat Allergy

Roben Ryberg

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From French Toast to Fried Chicken, Delicious Gluten-Free Foods!

Think you have to give up bagels, biscuits, and breads just because you're on a wheat- or gluten-restricted diet? Think again! If you suffer from wheat or gluten allergies, inside ***The Gluten-Free Kitchen*** you'll discover a world of foods you never knew you could enjoy—foods such as cornbread, cinnamon rolls, and coffee cake; or even pancakes, pizza, and pumpkin pie! Both novice and experienced cooks will enjoy such tantalizing dishes as:

- Sour Cream Breakfast Muffins
- Blueberry Cobbler
- Ham and Cheese Pocket Pies
- Onion Rings
- Fried Chicken
- Simply Sinful Chocolate Cake
- And much, much more!

"This book offers a wealth of tips and helpful hints for successful gluten-free cooking . . . including recipes most of us grew up enjoying."—**Cynthia R. Kupper, C.R.D., executive director of the Gluten**

Intolerance Group

"An excellent source of gluten-free recipes that taste good and are easy to prepare."—**Suzanne R. Curtis, Ph.D., R.D., Department of Nutrition and Food Science, University of Maryland**

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Clyde Miller:

The Gluten-Free Kitchen: Over 135 Delicious Recipes for People with Gluten Intolerance or Wheat Allergy can be one of your basic books that are good idea. We all recommend that straight away because this guide has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but delivering the information. The writer giving his/her effort to put every word into delight arrangement in writing The Gluten-Free Kitchen: Over 135 Delicious Recipes for People with Gluten Intolerance or Wheat Allergy nevertheless doesn't forget the main position, giving the reader the hottest as well as based confirm resource information that maybe you can be considered one of it. This great information can easily drawn you into brand-new stage of crucial imagining.

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