



The Gluten-Free Cookbook

Heather Whinney

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The Gluten-Free Cookbook Heather Whinney

An indispensable everyday recipe book for people with coeliac disease and other gluten intolerances. The Gluten-Free Cookbook proves that eating can still be one of life's great pleasures, even when you have to cut out wheat, rye and barley - enjoy over 230 recipes that are gluten-free and delicious. Each recipe has been carefully tested and includes a full nutritional breakdown so you can enjoy a diet that is healthy and balanced without compromising on flavour. Also features a full guide to gluten-containing foods with a list of gluten-free alternatives, creative ideas on store cupboard essentials and advice on how to tackle dinner parties and eating out. Plus step by steps on gluten-free baking help you to bake perfect bread and cakes, work with pastry and make your own pasta. The Gluten-Free Cookbook includes everything you need to have a delicious and varied diet while staying gluten-free and healthy.

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