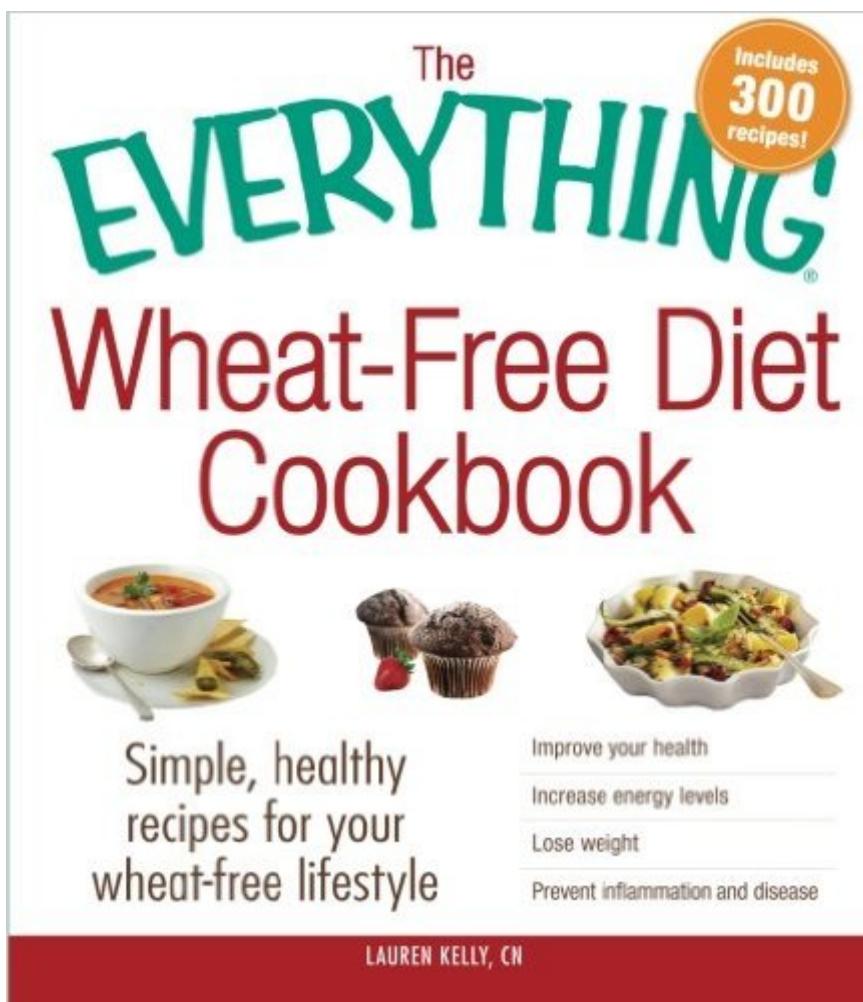


The book was found

The Everything Wheat-Free Diet Cookbook: Simple, Healthy Recipes For Your Wheat-Free Lifestyle



Synopsis

You'll never miss the wheat! Today's supermarket is full of overprocessed wheat products that can leave you feeling tired, bloated, and uncomfortable. And grains have been linked to chronic inflammation, which is in turn linked to arthritis, allergies, cardiovascular disease, and even cancer. Nutritionist Lauren Kelly shows you just how easy it is to cook healthy, wheat-free meals without sacrificing flavor, with recipes like:

The best grain-free banana bread ever
Sicilian eggplant rolls
Fiesta lime lentil salad
Sesame-crusted chicken breasts
Scalloped potatoes with leeks and proscuitto
Hot and spicy turkey meatballs
Sausage and asparagus risotto
Crab cakes with garlic aioli
sauce
Marinated spicy beef and baby spinach
Classic polenta with herbs and parmesan
Tropical fruit salsa with brown rice chips
Dark chocolate coconut scones

Whether you have a wheat allergy, an intolerance to wheat, or you just want to cut out inflammation-causing foods from your diet, The Everything Wheat-Free Diet Cookbook gives you 300 delicious, easy, wheat-free ideas for any meal.

Book Information

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Average Customer Review: 4.4 out of 5 stars (See all reviews) (100 customer reviews)

Best Sellers Rank: #323,276 in Books (See Top 100 in Books) #89 in Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #474 in Books > Cookbooks, Food & Wine > Special Diet > Allergies #2353 in Books > Cookbooks, Food & Wine > Cooking Methods

Customer Reviews

I have just begun to use several of the recipes from this Wheat Free Cookbook. While I am someone who is able to eat wheat, I was intrigued by the title of the book to see options that are available. I have begun with the quinoa recipes as this is a grain I very much enjoy. Since purchasing the cookbook, I am systematically using several of them a week. It has opened up new options for my cooking. And, everything is just delicious!

This cookbook is a great transition into a wheat free diet! The author provides plenty of recipes to choose from appetizers to desserts, and everything in between. This book provided my family with a healthy and simple way to put dinner on the table even during the hectic work week. The recipes are very tasty even if you do not eat wheat free!

I thought this would be another 'diet' cookbook but I was so wrong! So many new and fresh ideas that have inspired this lifelong vegetarian to get back in the kitchen. Nothing too difficult or time consuming either, love love LOVE this cookbook!

As a wheat allergy sufferer and mom of three little boys finding recipes that appeal to our entire family has been a challenge. I don't want to make 5 different things every night! I have been looking and looking for a cookbook like this! I love that the ingredients are easy to find and the recipes, easy to follow. Usually there are only a handful of things that appeal to me in a cookbook, but this one has great variety and TONS of family-friendly ideas.

My wife is Italian so the sheer thought of introducing gluten free options was almost grounds for divorce. But, I have to say, the recipes are great and extremely simple to prepare. Love this cookbook. Would recommend to anyone looking for healthy and smart options.

Amazing! Amazing Cook Book! Lauren goes into great detail about the science behind wheat allergies, how to see if you have an intolerance and then packs the book with 300 recipes! Even if you are not looking to become "wheat free" and just looking to lighten up and cook healthier food, this book is perfect!

This cookbook is jam-packed with delicious recipes that are perfect for anyone, whether requiring a gluten-free diet or not. The meals are uncomplicated yet healthy, delicious, and satisfying. The book allows you to think outside your normal food "box" and try new things in a way that doesn't seem daunting and difficult. Highly recommend!!!

I was convinced by this book that eating wheat is not particularly good for most people. I have avoided wheat for several weeks and feel better than when eating it. The recipes in this book have made it much easier. Most of them are good enough to make just because you like them.

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