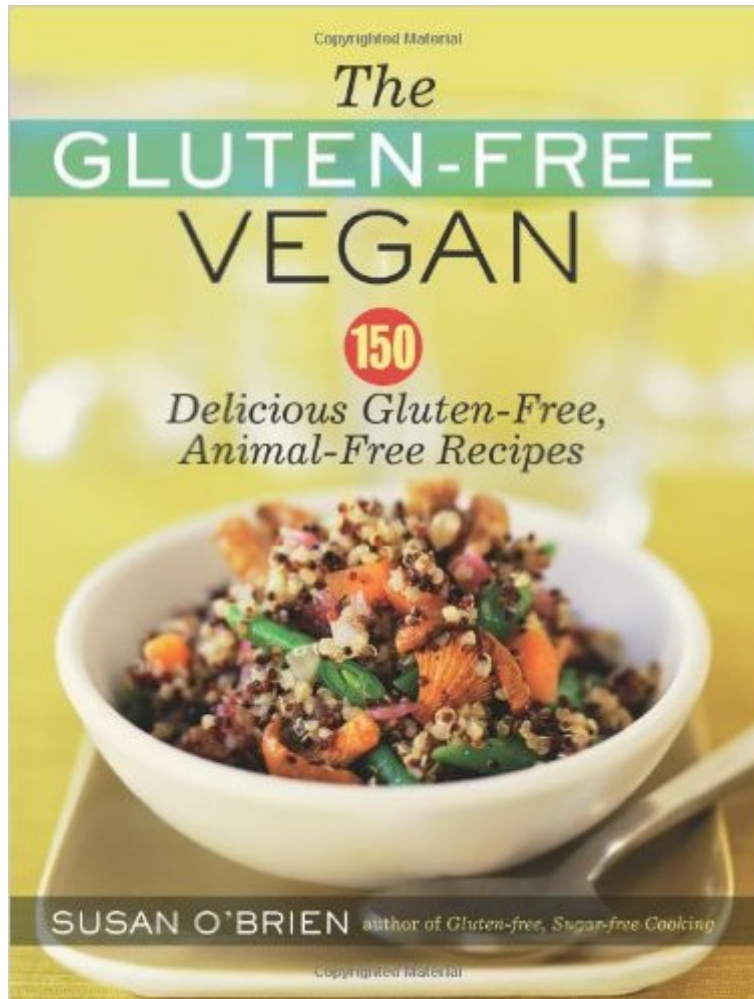


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The Gluten-Free Vegan: 150 Delicious Gluten-Free, Animal-Free Recipes



Synopsis

Ideal cookbook for many health conditions: The Gluten-Free Vegan is a groundbreaking cookbook, combining both special diets for healthier, allergy-free eating. Millions of Americans have health conditions like celiac disease, fibromyalgia, or food allergies that require a gluten- and/or dairy-restricted diet. In addition, going vegetarian/vegan is fast becoming mainstream, and many vegans are also looking to cut gluten from their diet. The Gluten-Free Vegan offers solutions for anyone seeking a tasty approach to healthier eating. Quick, easy, and delicious recipes: Written by a food-allergy sufferer and gourmet cook, this collection includes more than 150 healthy recipes for a wide range of dishes that are both gluten-free and vegan. The cookbook also includes guidelines of each dietary restriction, information on sugars, raw foods and organic foods, advice on ingredient preparation, quick-cooking tips, and resources for easily finding ingredients.

Book Information

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Customer Reviews

If you have celiac and you have ever tried to go vegan, you have probably woken up several days later, laughing hysterically: "There's nothing to eat!" Not so: mayonnaise, meatloaf, brownies--it's all here. The author also limits recipes that use corn, soy, and sugar, resulting in food that is low glycemic index, allergy-free, vegan and gluten-free. Perfect, perfect, perfect. Well, almost: many of the recipes have long ingredient lists, but they won't take forever, and they include recipes that can be cooked a month in advance and then frozen. (Your mother should have taught you not to freeze tomatoes.) My only real complaint is the book's discussion of oats: the author says that oats don't

have gluten, and so they are safe. Actually, oats contain avenin, which is just a different form of gluten; in a test tube, intestinal samples have an immune reaction to avenin; but, in live people, there are many fewer anti-gliadin antibodies (the bad stuff) in diagnosed celiacs who eat oats. The problem is, some celiacs do fine on oats--and some don't. It's difficult to tell until the person in question starts to get sick again. However, with that one caveat, this cookbook is way cool, and very, very useful. If you are willing to spend any time in the kitchen at all, this is well worth picking up.

If you are looking for recipes that are packed with flavor and nutritional value, you need not go any further than this book. The Yam & Black Bean Burritos quickly became a family favorite as did the Mushroom Nut Loaf. The Carrot Cake could go head to head with one made in the traditional manner and still come out the winner. The Quinoa Coffee Cake is delicious, dense, moist and flavorful. The main course recipes use familiar, whole foods that you don't have to travel to a health food store to purchase. If you are accustomed to stocking a gluten free baking pantry, you will find the desserts do not need any special ingredients. The typical flours are used: sorghum, brown rice, tapioca, quinoa, and arrowroot. Best of all, these recipes are EASY. Many are one dish meals (yea!) that go beautifully with a simple salad on the side. The deserts are sweetened with just the right amount of agave nectar (perhaps the only ingredient you won't have at your local grocer. However, it is available via .com). I'll wager friends and family members that are not Vegan or gluten intolerant will love these recipes. Please note, if you are sensitive to nuts you need to look elsewhere. The vast majority of the recipes here use tree nuts. However, if gluten and animal products are your only foes, this book is a must have. Highly recommended for everyone who loves flavorful and healthy whole foods.

Ok, so you're a vegan who suddenly finds yourself diagnosed with Celiac Disease or gluten intolerance. You're thinking "Help!" right? This new book is a good start toward feeling like you're: A) Not alone, and B) Perfectly able to feed yourself for the rest of your life. O'Brien's 150 delicious, animal-free, gluten-free recipes make a great basic cookbook, containing easy direction and advice, as well as resources for the suddenly-wheatless vegan. Or perhaps you've been gluten-free for years, but are trying to feel even better, the kind of better that sometimes comes from trying a vegan diet. It happens. Then you turn to Susan O'Brien's The Gluten-Free Vegan and make the Corn Chowder on page 31, or the Pumpkin Scones on page 131, and say "I love you, world! I think I want to live." Which recipes shall you try first? I fell in love with the incredible Thai Vegetable Soup, then had to follow it up with something Mom might have made--the Carrot Salad on page 43. Now I'm

planning a feast with Yam Enchiladas with Pomegranate Sauce, accompanied by the Antioxidant Chili, concluding with Apple Pie Bars. Seriously, you can go wild with this healthy food, and never regret a thing. This is a great title to have in your VGF kitchen. You meat-and-wheat-eating foodies out there need this book, too. Be broad-minded enough to consider that a delicious dish containing no gluten or animal parts still might really make you lick your chops. Besides, understanding your friends' food needs and preferences makes you a very wonderful, sympathetic and sexy host/hostess.

This is one of my most favorite cookbooks! The recipes are just delicious. The ingredients used are all natural, whole food type ingredients. Though we are not vegan, I feel that feeding my family vegan meals is part of a healthy diet. Both of my sons were diagnosed with ADHD about 2 years ago so I put our family on a (healthy) GF /CF diet. The Gluten-Free Vegan is a perfect book for anyone wanting to eat a healthy GF / CF diet. Our family's favorite recipes are: the Antioxidant Chili, Kale with Peanut Sauce, Mexican Quinoa Salad, Curried Apple and Cauliflower Soup, Super Antioxidant Salad, Zippity Do Da Coleslaw, No-Meat Meatballs, Pumpkin Scones, and the Apple Pie Bars! The author also gives a short ingredient guide in the beginning. Very Helpful. Great Book! Great Buy!

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