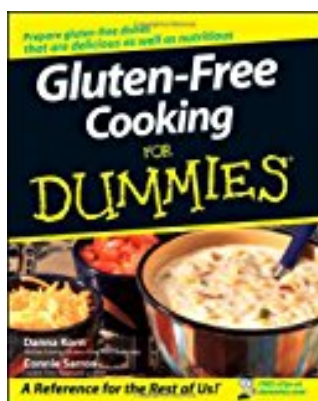


[PDF] Gluten-Free Cooking For Dummies

Danna Korn, Connie Sarros - pdf download free book



Books Details:

Title: Gluten-Free Cooking For Dummi
Author: Danna Korn, Connie Sarros
Released: 2008-04-07
Language:
Pages: 368
ISBN: 0470178108
ISBN13: 978-0470178102
ASIN: 0470178108

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Description:

From the Back Cover More than 150 wheat- and gluten-free recipes

The fun and easy way to cook and eat well sans the gluten!

Want to create tasty gluten-free meals and snacks? This practical guide shows you how to select the right ingredients and prepare classic, healthy dishes, from breakfast to dinner to dessert. You'll understand what you can and can't use in gluten-free cooking, spot the hidden gluten in foods, save money when you go shopping, and even manage your weight.

Discover how to:

- Prepare your kitchen
- 2. Shop for gluten-free products
- 3. Boost nutrition and flavor in your dishes
- 4. Get the kids involved
- 5. Make any meal gluten-free

About the Author Danna Korn is also the author of *Living Gluten-Free For Dummies*, *Wheat-Free, Worry-Free: The Art of Happy, Healthy, Gluten-Free Living*, and *Kids with Celiac Disease: A Family Guide to Raising Happy, Healthy Gluten-Free Children*. Respected as one of the leading authorities on the gluten-free diet and the medical conditions that benefit from it, she speaks frequently to health care professionals, celiacs, parents of celiacs, parents of autistic kids involved in a gluten-free/casein-free dietary intervention program, and others on or considering a gluten-free diet. She has been invited twice to be a presenter at the International Symposium on Celiac Disease.

Danna has been researching celiac disease since her son, Tyler, was diagnosed with the condition in 1991. That same year, she founded R.O.C.K. (Raising Our Celiac Kids), a support group for families of children on a glutenfree diet. Today, Danna leads more than 100 chapters of R.O.C.K. worldwide. She is a consultant to retailers, manufacturers, testing companies, dietitians, nutritionists, and people newly diagnosed with gluten intolerance and celiac disease. She also coordinates the International Walk/Run for Celiac Disease each May in San Diego.

Connie Sarros is a pioneer in writing gluten-free cookbooks for celiacs, beginning at a time when few people had even heard of the disease. She has written five cookbooks, a “Newly Diagnosed Survival Kit,” and made a DVD that covers all you need to know about gluten-free cooking. She writes weekly menus for people with additional dietary restrictions and puts out two monthly newsletters. Connie is also a staff writer for other celiac newsletters, including having a monthly “Ask the Cook” column.

In addition to being a featured speaker at national celiac conferences, Connie travels the country speaking to celiac and austistic support groups and often meets with dietitians to explain the gluten-free diet.

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