

[PDF] Gluten-Free Girl: How I Found The Food That Loves Me Back...And How You Can Too

Shauna James Ahern - pdf download free book

Books Details:

Title: Gluten-Free Girl: How I Found

Author: Shauna James Ahern

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Description:

Review Blogger Ahern's story sheds light on celiac disease, a little-known and difficult-to-diagnose autoimmune condition. Those afflicted cannot digest gluten, a protein in wheat, barley, rye, and related grains. Ahern explains how she learned of her malady and found that she was able to enjoy food while avoiding gluten. She even met and married a chef. This entertaining memoir includes gluten-free gourmet recipes. (*Library Journal*, February 1, 2008) --This text refers to an out of print or unavailable edition of this title.

From the Inside Flap Do you love food? Do you, or someone you love, have to avoid certain foods? Imagine passing on the pizza during your honeymoon in Rome, or skipping the sugar cookies your sister makes at Christmas. Shauna James Ahern understands your pain-literally. After years of inexplicable exhaustion and endless medical tests, she found relief in her diagnosis of celiac disease. After giving up gluten, she learned how to live well and love food more fully. Now you can, too!

In *Gluten-Free Girl*, Shauna James Ahern shares the journey that changed her from a typical Gen-X processed-food junkie to a fun-loving foodie who enjoys cooking and living gluten-free-naturally. Readers from around the world have followed her stories and insights on her award-winning blog, glutenfreegirl.com. Now she shows you how to say yes to a gluten-free lifestyle, too, and embrace a whole new world of fresh foods and flavors.

Even if you never learned to cook, Shauna shows you how to feel comfortable in the kitchen. You'll discover (or rediscover) the kick of ginger, the irresistible crunch of fresh greens, and other delicious delights. She gives you dozens of terrific recipes that everyone will love, such as Curried Carrot Soup, Chicken Thighs Braised in Pomegranate Molasses, Crusty Sorghum Bread, and Fig Cookies. Her dishes focus on ingredients that are naturally gluten-free. She has not simply reworked recipes and plugged in gluten-free substitutes-these are original recipes. You'll also find important guidance on navigating everyday life without being "glutenized," from reading between the lines of food labels to traveling and eating out safely and successfully.

Enlivened with funny accounts of Shauna's experiences, this book is as entertaining to read as it is to prop up in the kitchen. Whether she's reminiscing about the Wonder bread and Fried-bologna sandwiches of her childhood or misusing on the pork-chop -shaped mouse pad she won at a professional cooking conference, her stories are lively and interesting.

Part memoir, part best friend giving advice, part cookbook-and all inspiring-*Gluten-Free Girl* will put the spring back in your step and your diet, one delicious meal at a time. --This text refers to an out of print or unavailable edition of this title.

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