



# **Gluten-Free Made Simple: Easy Everyday Meals That Everyone Can Enjoy**

*Carol Field Dahlstrom, Elizabeth Dahlstrom Burnley, Marcia Schultz Dahlstrom*

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Most families with a member with celiac disease struggle to get food on the table that the whole family can enjoy. This easy-to-use cookbook focuses on creating simple recipes that minimize stress from three experts in the field. Most of the dishes use ingredients that are easily found in supermarkets and don't require the exotic flours, expensive ingredients or complicated recipes found in other gluten-free cookbooks. Here is a book that lives up to the promise of making real food for real people--real easy! With over 100 delicious and easy-to-make gluten-free recipes for every meal of the day from entrees, soups, salads, and appetizers, to desserts and other baked goods.

*Gluten-Free Made Simple* also includes:

- full-color photographs
- complete nutritional analysis for every recipe
- step-by-step photos helpful to beginners
- a list of naturally gluten-free foods available in supermarkets
- icons to indicate high protein, low fat, high fiber, or vegetarian
- information about gluten, celiac disease, and living a gluten-free lifestyle

One of the fastest growing segments in nutrition is understanding the role of gluten and its effect on the immune system. This book offers guidance to people struggling to make sense of their food options and eat healthy while cooking delicious and appealing food for themselves and their families.



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