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Gluten & Dairy Free Cookbook - Quick, Healthy Recipes for Everyday Meals

Taina Wilds

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Have you given up wheat/gluten and dairy product due to health reasons?
Do you or somebody in your family have gluten and dairy allergy or intolerance? Are you entertaining and need to cook for a person with wheat and dairy allergy?
Find usual gluten and dairy free ingredients confusing and recipes complicated?

If you answered yes to one of the above questions, you are not alone. Giving up these two ingredient groups is very common and often it is difficult to find recipes that are aimed specifically to avoid both of these.

The Gluten & Dairy Free Cookbook - Quick, Healthy Recipes for Everyday Meals contains recipes that are free of both gluten and dairy products. These recipes are suitable if you want to avoid both of these ingredients due to allergies, intolerance or other health reasons.

These meals are ideal also, if you are looking for inspiration for healthy, busy lifestyle. Preparation and cooking times are minimal and many recipes contain time saving tips. The recipes are full of flavour and are low in saturated fat or refined sugar, to help achieve a balanced nutrition for the modern person. The ingredients used are easy to find at your local superstore at reasonable cost and many are naturally free of the allergens for wheat/gluten and diary intolerant persons. Included are key nutritional facts of the ingredients used for replacing wheat and dairy in your diet.

Included are fresh, tasty ideas for:
- Breakfast
- Lunch and Dinner
- Side dishes
- Desserts

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With this book you will not feel deprived about not being able to taste your favourite gluten-rich goodies. By the time you finish reading and making your first gluten-free food, you'll note that they actually taste good. Like really, really good!

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