

Wheat-free Cooking: Practical Help For The Home Cook - Rita Greer

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Addressing a prevalent allergy that causes everything from rashes and itchy eyes to nausea, migraines, and asthma, this cooking guide demonstrates how people can eliminate wheat from their diet easily, affordably, and enjoyably without limiting their wellness. Penned by one of Britains leading health writers, this collection of recipes is based on decades of practical experience she gained cooking for her husband, who maintained a wheat-free diet for more than 30 years. Recipes and menus are presented for every occasion, revised and updated to include developments such as the free-from ranges available from many supermarkets and the increased availability of wheat-free foods. Reassuring and imaginative, this compilation balances common sense and exciting ideas to produce wheat-free recipes for every meal of the day, including bread, cakes, and pastries. Foods that may contain hidden wheat are identified along with guidelines for ensuring a nutritionally balanced diet. Showcasing recipes that can be enjoyed by the whole family and envied by everyone, this handbook makes a wheat-free regimen simple, accessible, and, above all, healthy. Author: Greer, Rita Publisher: Souvenir Press Illustration: N Language: ENG Title: Wheat-Free Cooking: Practical Help for the Home Cook Pages: 00144 (Encrypted PDF) On Sale: 2012-09-01 SKU-13/ISBN: 9780285640405 Category: Cooking : Health & Healing - Allergy Category: Cooking : Health & Healing - General

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