

# Fast And Simple Gluten-free: 30 Minutes Or Less To Fresh And Classic Favorites - Gretchen Brown

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Getting a hot, delicious, gluten-free meal to the table every night can seem like a challenge when time and growling stomachs are demanding food now! But you can turn the tables from stressed to dressed in no time with Fast and Simple Gluten-Free, your one-stop solution to creating fast, family-friendly meals in a half hour or less. Inside, you'll find more than 100 truly inspiring recipes for everything from Carrot Cake Pancakes with Cream Cheese Frosting to Chicken Saltimbocca and Quinoa Tabbouleh, with many recipes requiring just 20 minutes from start to fork. Author, mom, and g-free blogger Gretchen Brown will show you just how easy it is to create wholesome, wheat-free meals that you can feel good about-and that your family will love. Through streamlined ingredient lists and simple yet effective cooking techniques, you'll learn how to pull together delicious dishes that taste as if you've spent hours slaving away in the kitchen, even though you haven't! Nourish yourself and your family the stress-free way with Fast and Simple Gluten-Free. Great meals are just minutes away! Author: Brown, Gretchen Publisher: Fair Winds Press Illustration: N Language: ENG Title: Fast and Simple Gluten-Free: 30 Minutes or Less to Fresh and Classic Favorites Pages: 00000 (Encrypted EPUB) / 00000 (Encrypted PDF) On Sale: 2012-10-01 SKU-13/ISBN: 9781592335244 Category: COOKING / Health & Healing / Gluten-Free

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