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The Best Gluten-Free Family Cookbook

Donna Washburn, Heather Butt

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Delicious recipes for the gluten-intolerant.

Gluten is primarily found in wheat, rye, barley and oats. A recent study suggests that one in 250 Americans cannot tolerate gluten. Many suffer from Celiac disease, a digestive disorder that damages the small intestine and interferes with the absorption of nutrients from food. Many others also suffer from food allergies that trigger a wheat or gluten sensitivity. Quite often, the only treatment is a gluten-free diet.

The Best Gluten-Free Family Cookbook features sensational recipes for baked goods, desserts, and main meals -- foods that are typically avoided in gluten-free diets. Here is a sampling of the appetizing recipes:

- Blueberry Orange Muffins or Loaf
- Rum and Pecan Pie
- Lotsa Lemon Squares
- Triple Threat Chocolate Mocha Chocolate Chip Cookies
- Grilled Salmon and Roasted Peppers with Fusilli
- Cranberry and Wild Rice Stuffing
- Quinoa Stuffed Peppers.

Accompanying each recipe is a wealth of tips and techniques for novice and experienced cooks alike.

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