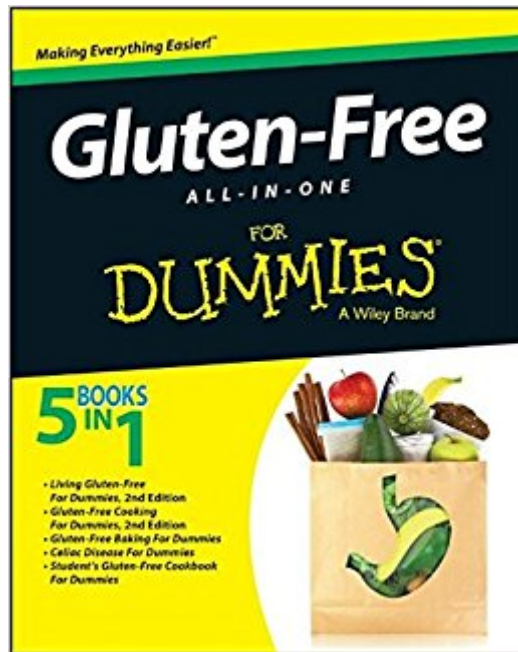




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Gluten-Free All-In-One For Dummies



Synopsis

Everything you need to know about living a gluten-free lifestyle As the prevalence of gluten-free dieting continues to grow—both from necessity and choice—more and more people are searching for a healthy way to cut gluten out of their lives. *Gluten-Free All-In-One For Dummies* culls a wealth of indispensable information from six popular *For Dummies* books, providing you with an all-encompassing, one-stop resource for living and eating gluten-free. From gluten-free cooking and baking to must-have information on celiac disease, this comprehensive and authoritative guide to all things gluten-free is the only reference you'll need as you navigate your way around a wheat, barley, and rye-filled world. With nearly millions of households having at least one person who eats gluten-free foods, the need for a trusted and authoritative guide to living gluten-free has never been greater. Thankfully, *Gluten-Free All-In-One For Dummies* is here to offer expert guidance on making the switch to a life free of gluten. Recognize the benefits of adopting a gluten-free lifestyle Interpret food labels and stock a gluten-free kitchen Cook delicious gluten-free recipes for every meal of the day Make kid-friendly gluten-free meals, baked goods, and desserts If you're a seasoned gluten-free eater or a newcomer to the diet, *Gluten-Free All-In-One For Dummies* is the perfect, all-inclusive guide to ditching the grains and living a healthier life.

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Customer Reviews

5 BOOKS IN 1 Living Gluten-Free For Dummies, 2nd Edition Gluten-Free Cooking For Dummies, 2nd Edition Gluten-Free Baking For Dummies Celiac Disease For Dummies Student's Guide to Living Gluten-Free For Dummies

Gluten-Free Cookbook For Dummies Your one-stop resource for living and eating gluten-free Are you making the switch to a life free of gluten, either by necessity or choice? From gluten-free cooking and baking to must-have information on celiac disease, along with the latest information on labeling standards. This all-encompassing and authoritative guide is the only reference you'll need as you navigate your way around a wheat, barley, and rye-filled world. Gluten-free from A to Z • discover the benefits of being gluten-free, take a closer look at celiac disease, and grasp the ground rules of the gluten-free diet • for no gluten • keep a gluten-free kitchen, decipher food labels, make nutrition your mission, and find cooking and baking tips you can't be without Good morning, sunshine • start the day the gluten-free way with everything from gluten-free granola and perfect pancakes to eggs in a bread basket and simple, stylish smoothies Apps are a snap • prepare crowd-pleasing appetizers, like artichoke and spinach dip, Cajun-stuffed mushrooms, mango salsa, guacamole, and more The main event • make mouth-watering gluten-free mains, whether you're a meat-eater, fish fanatic, or virtuous vegan or vegetarian Open the book and find: Guidance on making the switch • without losing your mind The do's and don'ts of gluten-free living The benefits of living the gluten-free lifestyle Tips for shopping the gluten-free way Ways to lose the gluten but keep the baked goods How to keep kids happy on a gluten-free diet Gluten-free recipes for every meal of the day, plus desserts, sides, and snacks

This is a must have for anyone who has to go Gluten-Free. Lots of info and great recipes too.

Excellent book. You should buy this if you have any inflammation in your system or arthritis.

Lots of great information and a easy, interesting read.

Loved the book. Great information, tools, tips and recipes. I am new to going gluten free and the information provided was very enlightening in an easy to read, concise format.

The informational part of the book was good, but the recipes we're not specific enough with flours/products needed for some of the recipes. Rather vague in what ingredient combinations worked best.

A great starter guide for me when I first found out I had to switch to a gluten free lifestyle. Good info

and some nice recipes to get started with.

Great starting point. Really does feel like they combined several books into one, as many topics repeated throughout first 40 pages or so. Would have liked more in depth explanation on tracking your nutritional needs and specific items to ask your doctor once you test positive. Also would have liked hidden dangers category expanded. As a fairly new Celiac I struggle with eating out and being hungry trying to not to eat the wrong thing. Good beginner book, good recipes. It does discuss following the paleo diet I don't feel as though the word 'diet' should be mentioned, as gf for me is a way of life.

Great product lots of information for beginners

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