



## Simply Gluten-Free Dairy Free: Breakfasts, Lunches, Treats, Dinners, Desserts

By Grace Cheetham

Duncan Baird. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 9.5in. x 7.2in. x 0.7in. For many, the prospect of making gluten-free and dairy-free food seems utterly daunting. And they will either buy ready-made produce (which is usually low in nutritional value and high in price) or sometimes not bother at all. But Grace Cheetham reveals that its possible to make wonderful gluten-free and dairy-free food easily. Whether youre suffering from allergy-related IBS, eczema, asthma, migraines or chronic fatigue, or if you are celiac, this book will show you how to use substitute ingredients and simple cooking techniques to make mouth-watering meals. With power-packed breakfasts such as Brioche with Caramelized Peaches, sustaining lunches such as Artichoke, Parma Ham and Olive Pizza and delicious dinners such as Salmon en Croute or Lasagne, as well as sweet treats such as Raspberry and Rosewater Cupcakes and heavenly desserts such as Chocolate Fondant, here are tried and tested recipes for you to cook for yourself, your family and your friends - and all stress-free! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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