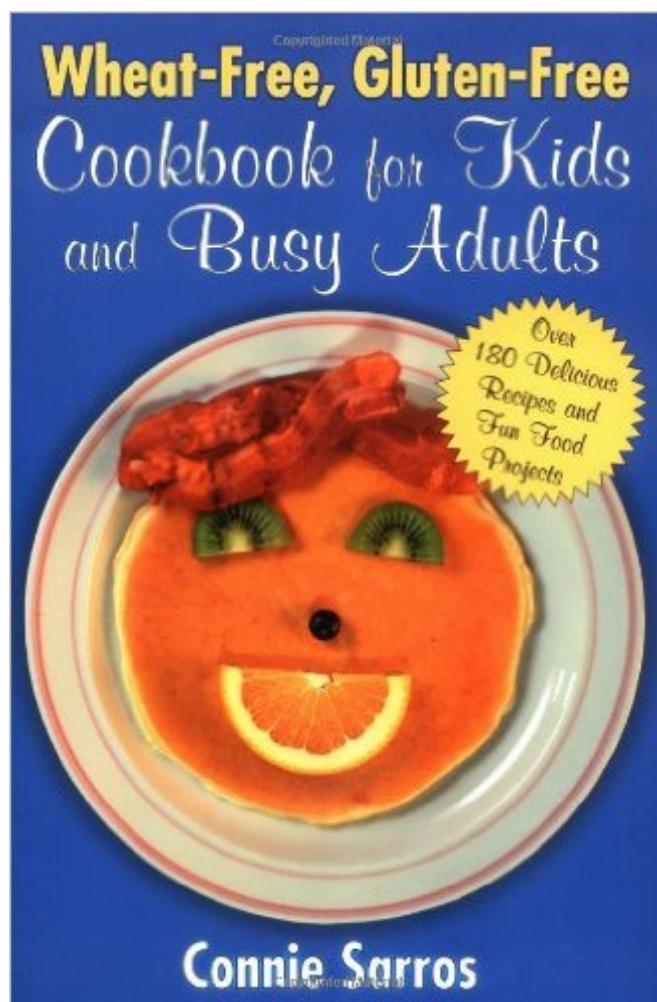


The book was found

Wheat-Free, Gluten-Free Cookbook For Kids And Busy Adults



Synopsis

One out of every 133 people in the United States has celiac disease. And countless others are giving up wheat for general health concerns. These books provide taste-tested recipes for delicious meals and desserts that are all wheat-and gluten-free.

Book Information

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Average Customer Review: 4.3 out of 5 starsÂ [See all reviewsÂ \(21 customer reviews\)](#)

Best Sellers Rank: #1,386,704 in Books (See Top 100 in Books) #50 inÂ Books > Health, Fitness & Dieting > Children's Health > Allergies #79 inÂ Books > Health, Fitness & Dieting > Nutrition > Fiber #193 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free

Customer Reviews

Being new to the gluten-free diet I have been very disappointed in the majority of the GF cookbooks. The ingredients are often a challenge to find, are expensive, and frankly just taste gross or have a funky texture. The more ingredients that are different from what we "used to eat" the more disappointing the outcome. Of all the cookbooks I've tried so far (8 of the "mainstream" ones) this one has the most familiar ingredients and "normal" foods. My 5 year old has enjoyed everything I have made from this book so far and has been excited to eat something GF that actually tastes like what he used to eat. The recipes are simple, fast, affordable, and best of all we actually enjoy food again! THANK YOU CONNIE SARROS!

It has been very difficult for me to eat properly since my diagnosis. I never cooked before, and rely on eating out or other people cooking. This book helped even me! Trust me, if I can follow these recipes, anyone can. I was surprised how easy and delicious they were. Thanks!

If you're looking for a be-all, end-all cookbook for celiac/wheat free cooking, keep looking. If, however, you are looking for a great starter cookbook that has a great number of quick easy recipes

that taste good, then don't hesitate to buy this book. Everything is written for kids, so it's easy to follow and the recipes are super easy and quick. It covers everything from drinks, desserts, to all the staples like dinner, appetizers, and such.

We have found this book to be very simple and easy. It really fits in with our busy lifestyle.

Excellent recipes, great tips on cooking, and easy to read.

My wife has celiacs and was never really concerned with cooking prior to being diagnosed. She loves this book. I think that this book is really tailored for the individual that is new to being gluten free and was never much of a cook. Someone who is now forced to cook because of the disease. No more hamburger helper, pasta roni, or frozen dinners. Most of the recipes are very simple (my wife can do them) and fairly quick. If you were a seasoned cook you could probably come up with most of these recipes your self. You could take a gourmet cookbook and change things around and make a gf meal with it. I think that once you have had to deal with gf for a longer period of time this book would become less useful.

I was looking for some very simple recipes for my husband who is gluten intolerant and also has gastroparesis, which prevents him from eating anything with fiber or gluten. I have found a few recipies in this cookbook that works.

I have just recently decided that I would like to try a gluten free diet. This cookbook makes everything do simple and easy to do. My grandkids love to cook and these recipes are easy for them to follow also. thank you for the fast delivery.

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