



The Gluten-Free Recipe Book

By -

Octopus Publishing Group. Paperback. Book Condition: new. BRAND NEW, The Gluten-Free Recipe Book, Gone are the days when having a gluten intolerance meant missing out on your favourite foods. This collection of delicious recipes provides easy to make alternatives to problem foods including pasta, bread, pastry and cakes. There's no need for you to miss out! The book also contains expert advice on maintaining a healthy, balanced diet, with menu planners to help prepare all kinds of meals, from quick snacks to family dinners. There are over 60 nutritionally analysed recipes from mouthwatering treats such as Thai Coconut Chicken and Strawberry Meringue Roulade, to kids' favourites like Potato Pizza Margherita and Rainbow Lollies. Why not get stuck in?.

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