

The Big Book of Wheat-Free Cooking

Includes Gluten-Free, Dairy-Free, and
Reduced Fat Recipes



Antoinette Savill

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Free Cooking: Includes
Gluten-Free, Dairy-Free,
and Reduced Fat Recipes**

Аннотация

Over 150 delicious wheat-free, low-fat and low-sugar recipes from the author of the bestselling Lose Wheat, Lose Weight, for wheat intolerants, people with wheat allergies and anyone looking to cut wheat from their diet while still taking pleasure in their food, proving that wheat-free eating can still be a joyful and unrestrained experience. The popular diet plan outlined in the topical health bestseller Lose Wheat, Lose Weight showed people that cutting wheat out of their diet could have amazing results – no more bloating, headaches, tiredness or needless weight gain. In *The Big Book of Wheat-free Cooking*, award-winning cook and food intolerance sufferer Antoinette Savill once again demonstrates that following a wheat-free diet doesn't mean you have to miss out on the pleasures of food! The mouthwatering range of recipes includes ideas for every occasion: snacks, soups, meat, fish and vegetable dinner dishes, desserts, cakes and breads.

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The Big Book of Wheat-Free Cooking
A fabulous collection of
180 seasonal recipes
Antoinette Savill



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How to Use the Symbols

The symbols shown below are used throughout the book to enable you to judge the suitability of each recipe. A wheat-free symbol is not included because *every* recipe is wheat free. An asterisk beside an ingredient indicates that it *may* contain gluten, so check and if necessary use an alternative gluten-free brand.

Note that many of the recipes that are not marked as dairy free could be easily converted to such by using dairy-free margarine instead of butter and soya milk and yogurt in place of the standard dairy product. Similarly, many of the recipes that are not marked as vegetarian could easily be converted by using vegetarian products instead of meat – often you will find vegetarian options given in the introduction to the such recipes.

 GF	GF = Gluten Free (which is wheat free)
 DF	DF = Dairy Free and Lactose Free
 V	V = Vegetarian (which is suitable for vegetarians but not vegans)
 RF	RF = Reduced Fat (which is

lower in fat for weight control)



Q&E = Quick and Easy recipe

Конец ознакомительного фрагмента.

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