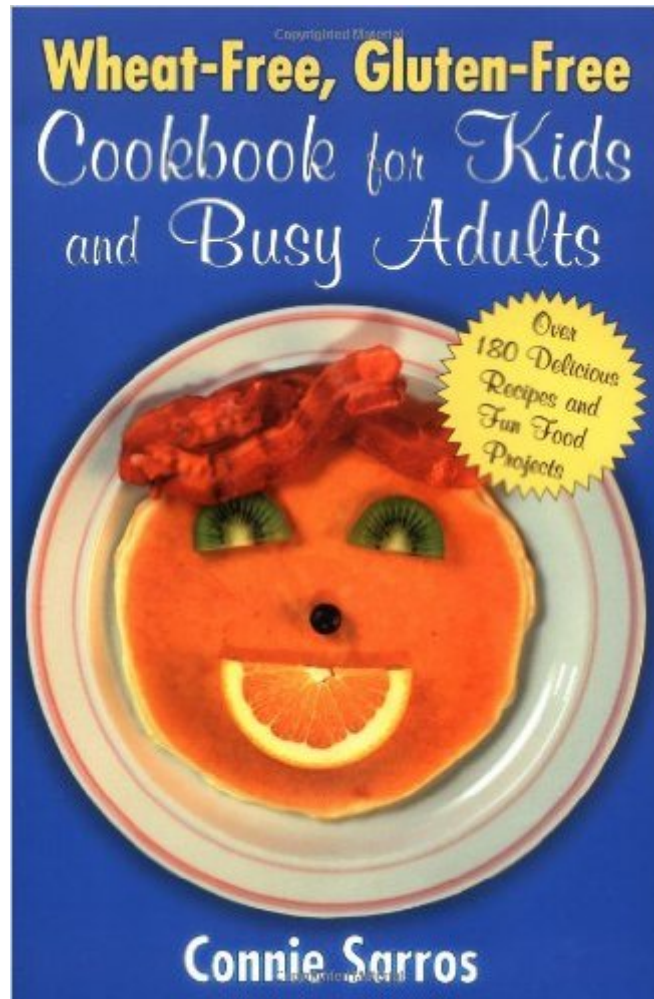


The book was found

# 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

Paperback: 256 pages

Publisher: McGraw-Hill; 1 edition (December 5, 2003)

Language: English

ISBN-10: 0071423745

ISBN-13: 978-0071423748

Product Dimensions: 5.9 x 0.7 x 8.8 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.3 out of 5 starsÂ Â 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.

[Download to continue reading...](#)

WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2) Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) Wheat-Free, Gluten-Free Cookbook for Kids and Busy Adults Wheat Free Diet: Lose the belly fat weight loss plan and wheat free recipe cookbook. Ideal diet for wheat, gluten and food allergy sufferers The Gluten-Free Diet Cookbook: 101 Delicious Wheat-Free

Recipes Inspired by the Mediterranean Diet (Gluten-free, Gluten-free Cooking) GLUTEN FREE COOKBOOK: Gluten Free Slow Cooker Recipes: 50 Gut Friendly Wheat Free Meals That Are Ready When You Are (Gluten Free Diet) (Health Wealth & Happiness Book 57) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Candida: Cleanse Your Body And Cure Candida Forever (Candida, Yeast, Fungi, Gluten Free, Gluten Intolerance, Wheat Free, Wheat, Belly, Grain, Brain, autoimmune, Atkins, celiac) Candida: Cleanse Your Body And Cure Candida Forever (Candida, Yeast, Fungi, Gluten Free, Gluten Intolerance, Wheat Free, Wheat, Belly, Grain, Brain, autoimmune, Atkins, celiac, lyme) Gluten Free Recipes: 39 Gluten Free Recipes With Rice, Polenta, Beans And Quinoa Plus Delicious Vegetable Side Dishes To Complete Your Gluten Free Meal-Discover ... Gluten Free Recipes On a Budget Book 6) Crockpot Recipes: 30 Delicious, Dairy & Gluten Free, Low Carb Recipes For Busy People (Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, Gluten Free ... Cooker Recipes, Low Carb Cookbook Book 1) Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Free) Wheat Belly Diet: For Beginners A Guide On Weight Loss and Total Health (Wheat Free Cookbook Included, Now With 20 Delicious Recipes) (wheat belly diet weight loss cure) Jokes For Kids - Joke Books : Funny Books : Kids Books : Books for kids age 9 12 : Best Jokes 2016 (kids books, jokes for kids, books for kids 9-12, ... funny jokes, funny jokes for kids) (Volume 1) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Wheat and Gluten-Free Bread, Rolls, and Biscuits: 50 Exciting Recipes using Healthful and Inspiring Ingredients WHEAT FREE My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook

[Dmca](#)