



Going Gluten-Free: Complete Reference and Recipe Guide

Shirley Baker

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This beautiful color guide was designed to help address the needs of picky eaters that need to eliminate gluten from their diet. It is also very beneficial in helping anyone go gluten-free by providing the essential information needed to get started. You will learn more about the Celiac Disease and how you don't have to sacrifice taste when gluten is erased from your diet. These recipes are bound to tempt anyone - regardless of their dietary needs or age, or whether they are picky eaters, vegans, or vegetarians, or allergic to dairy. It's all here in this guide and information conveyed visually with a dietary legend that can be followed easily by anyone. This book is your complete guide to eliminating gluten from your diet. It includes foods to shop for that are gluten-free, as well as what to avoid. It also includes quick and easy tips for going gluten free, gluten free vegan recipes, gluten free recipes for kids - as well as a guide for caregivers of these children that are unfamiliar with their specific dietary needs. It's the perfect reference guide for anyone wanting more guidance on gluten free foods - including some they might not have known existed - like unique flour types, as well as those people too busy to research that just want a quick and easy meal to prepare for dinner guests - guaranteed.

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