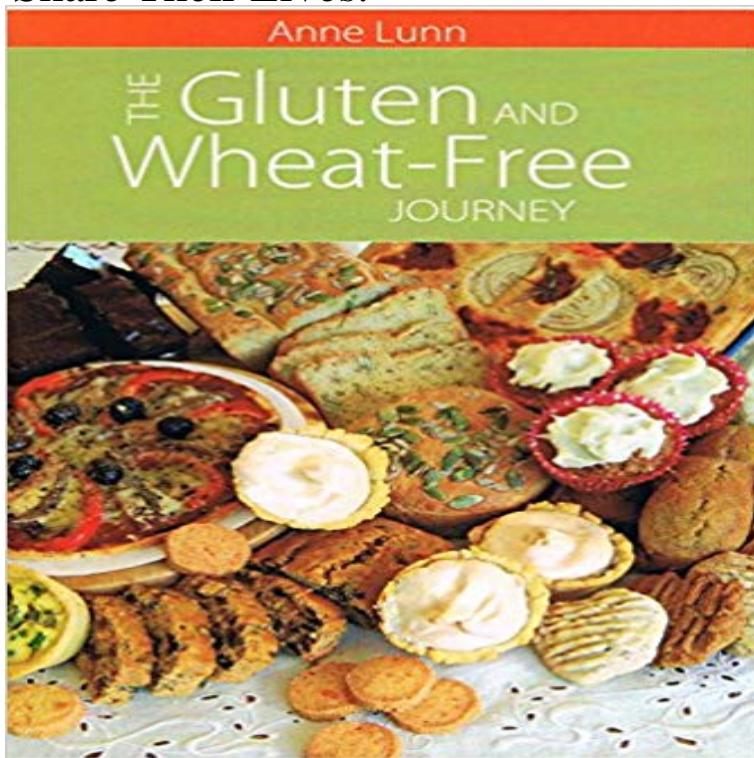


## The Gluten and Wheat-Free Journey: A Comprehensive Guide to Cooking and Baking for the Wheat and Gluten-Intolerant and Those Who Share Their Lives.



This book has been given the Thumbs-up by the New Zealand Coeliac Society. The author has a healthcare background and runs a gluten-free business. The book is well illustrated with photographs, making for easy use. When Annes father developed gluten intolerance she was encouraged to research this particular dietary issue, to adapt recipes and develop her own successful gluten-free cooking methods. This is the book you need when gluten or wheat-free food is necessary for you or yours. Annes purpose is to show gluten-free alternatives that are healthy and tasty and can be enjoyed by the whole family. Also sufficient information is provided for the reader to feel confident when adapting their favourite recipes into gluten-free form. There are examples of all basic baking types. Six different gluten and wheat-free flour mixes are suggested for use in the recipes, all being cheaper to produce yourself than purchasing the ready- mixed varieties. Besides the recipes there are tips on how to mix these flour blends. This is a New Zealand based book; if you are not familiar with feijoas and tamarillos then you can substitute them with plums or a similar fruit. Enjoy the Journey.

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