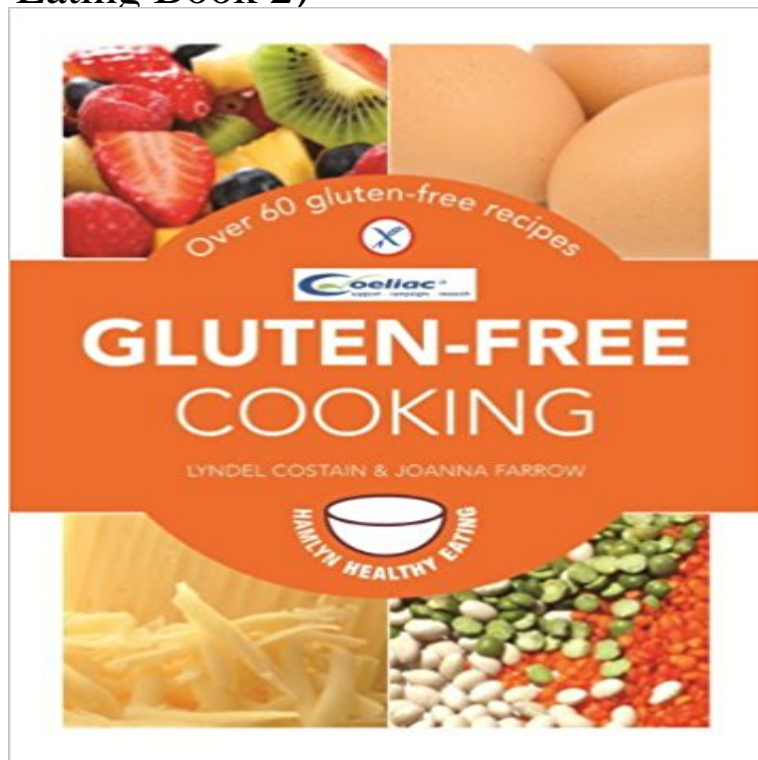


Gluten-Free Cooking: Over 60 gluten-free recipes (Hamlyn Healthy Eating Book 2)



Having a gluten intolerance neednt mean missing out on your favourite foods. This collection of over 60 nutritionally-analysed recipes provides easy-to-make alternatives to problem foods such as pasta, bread, pastry and cakes. From mouthwatering treats, such as Thai Coconut Chicken and Strawberry Meringue Roulade, to kids favourites like Potato Pizza Margherita and Rainbow Lollies, the choice is yours! Easy Gluten-free Food also contains expert advice on maintaining a balanced diet, with menu planners to help you prepare every meal, from a quick snack to a family dinner. It explains coeliac disease in simple terms, including the major symptoms, those affected, medical treatment and dietary considerations.

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