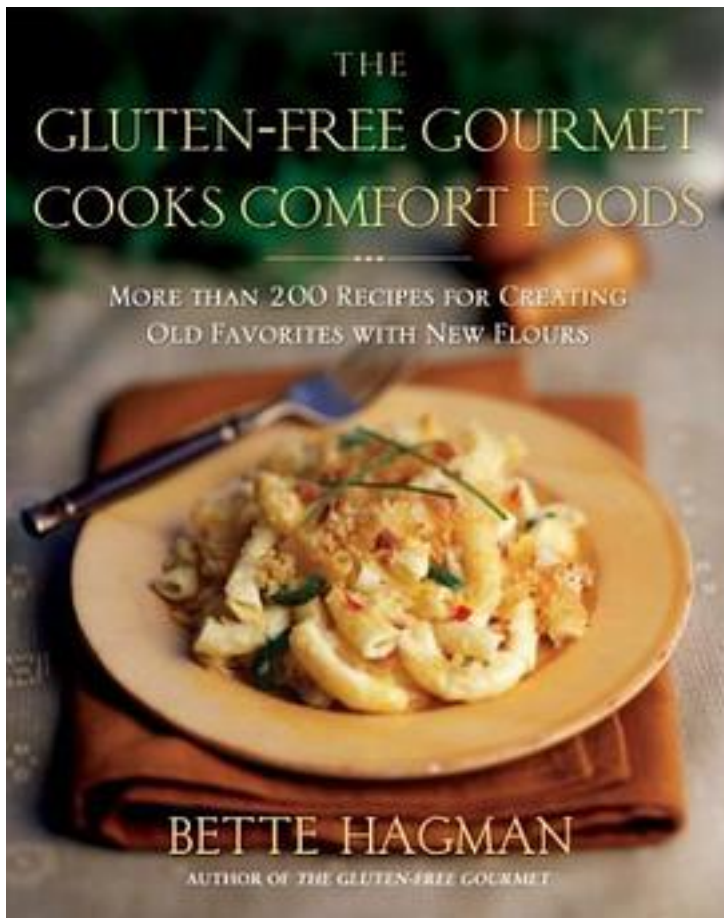


The Gluten Free Gourmet Cooks Comfort Foods



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The latest addition to the bestselling series of cookbooks that have sold more than 300,000 copies. Bette Hagman is the premier creator of recipes for those intolerant to gluten and for those allergic to wheat. In the latest addition to the Gluten-free Gourmet series, Hagman turns her hand to old favorites such as macaroni and cheese, chicken

pot pie, and lasagna that were once off-limits to anyone who is gluten intolerant. At the core of this book are more than two hundred all-new recipes for the mouth-watering comfort foods enjoyed by people everywhere. The nutritional information and dietary exchanges that accompany each recipe will make these hearty and delicious foods fit easily into any diet. Hagman also provides an introduction to new flours now available to the gluten-free cook and offers a list of sources for gluten-free baking products you can order by mail. With "The Gluten-free Gourmet Cooks Comfort Foods," everyone can enjoy satisfying meals and snacks without gluten or wheat.

作者介绍:

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