

# Everyday Grain-Free Gourmet

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# EVERYDAY ♦ grain-free GOURMET

by bestselling authors  
JODI BAKER and JENNY LASS



## BREAKFAST, LUNCH, and DINNER

Use whole foods to create gluten-free, refined sugar-free, and low-lactose meals. • Find out more about the Specific Carbohydrate Diet for intestinal health. • Learn how to make probiotic yogurt at home.

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"Rediscover the joy of eating with delicious, easy-to-digest recipes and meal-planning tips." Everyday Grain-Free Gourmet provides delectable, easy-to-digest dishes that appeal to family and guests who have food limitations which simply must be

accommodated. Unlike other gluten-free cookbooks, this one offers traditional favorites in whole-foods, low-lactose, refined-sugar-free versions. Moreover, this book is ideal for anyone who wants or needs to improve their health through diet, including those with lactose intolerance, celiac disease, Crohn's disease and irritable bowel syndrome. The benefits of a whole-foods diet are addressed in special sections of the book. The authors also include important information on kitchen tools and equipment, food storage and menu-planning, plus a list of health-related resources. Some of the mouthwatering recipes are: Brie and apple crepes Caesar salad with ginger aioli vinaigrette Vegetable quiche Curry risotto Cannelloni Osso bucco Heavenly hazelnut ice cream. Every breakfast, lunch and dinner dish is great for the entire family, yet meets the strict limitations and standards of grain-restricted diets.

作者介绍:

目录:

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