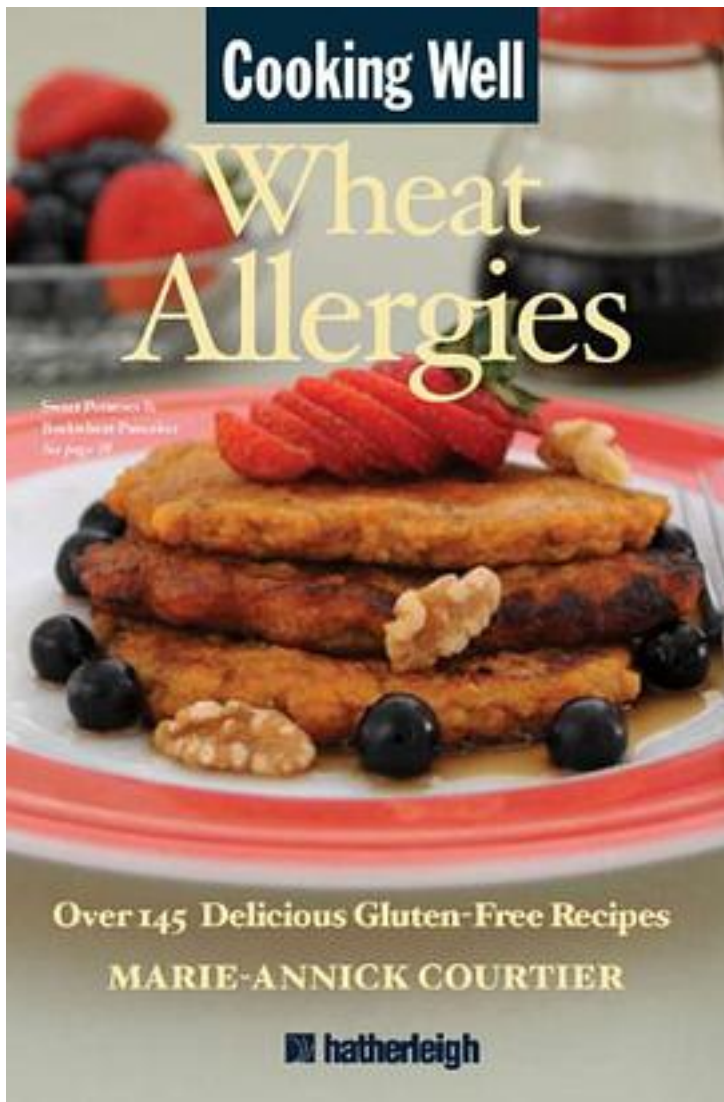


Wheat Allergies



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著者: Courtier, Marie-Annick

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Delicious, healthy and easy-to-prepare gluten-free recipes.

Today, living a gluten-free lifestyle is gaining popularity as more and more people around the world develop serious health aversions to wheat. Wheat intolerances and allergies are among the top food allergies in the United States.

Cooking Well: Wheat Allergies features over 145 gluten-free recipes designed to improve daily functioning with a variety of delicious meal choices, including breakfast, soups, salads, entrees, snacks and desserts. Enjoy everything from orange pumpkin muffins, to black bean soup, to a Waldorf salad, to chicken cacciatore, to an apple tart, without having to worry about your wheat intolerance or allergy.

Cooking Well: Wheat Allergies also includes:

- * An overview on wheat allergies
- * A list of foods to avoid
- * A meal diary and checklist to track your progress

Recipes and meals in the Cooking Well series have been specially created by renowned health and diet expert, Chef Marie-Annick Courtier. Each book in the series also includes general nutrition information as well as tips on which foods to avoid along the path of nutritional healing.

作者介绍:

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