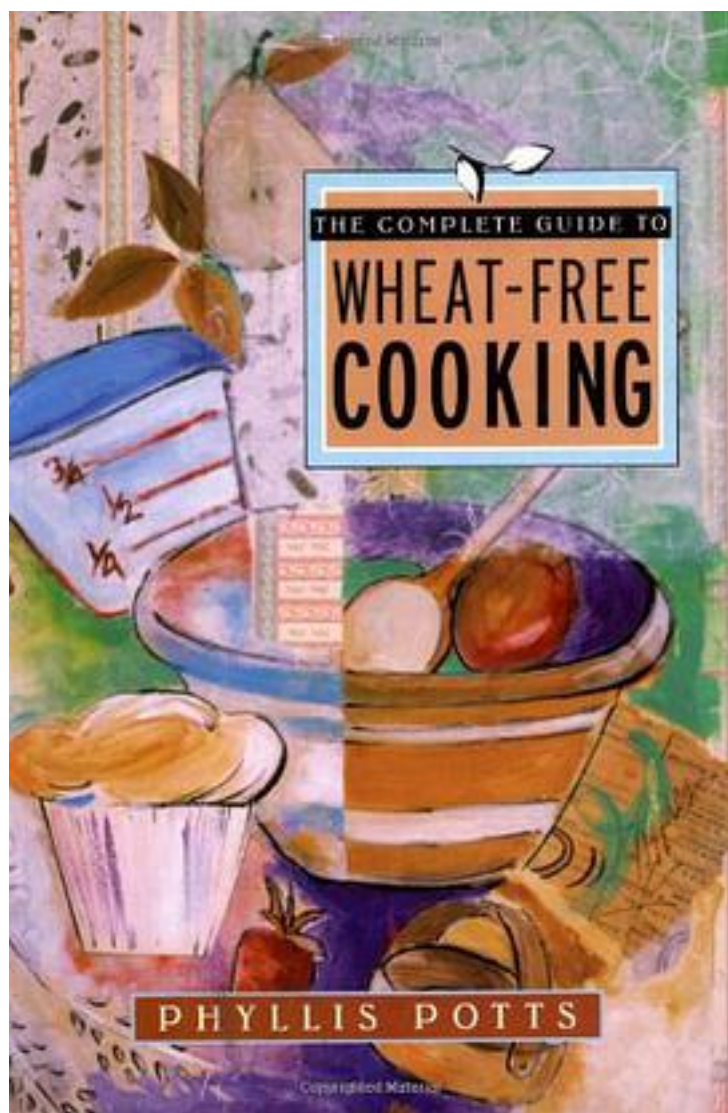


The Complete Guide To Wheat-Free Cooking



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More than a collection of delicious recipes, The Complete Guide to Wheat-Free Cooking celebrates the joys of eating well and encourages the reader to seek foods that maximize health and vitality. Potts chose treasured family recipes, good old-fashioned comfort food, and modified them for people like herself who can't eat wheat. As an insider, she has invaluable insights into what it takes to succeed at making a dramatic diet change. She shows readers how to reproduce the textures and flavors of breads and pastries using non-wheat flours made from rice, garbonzo beans, and corn. She also teaches creativity in working with substitutions for those with multiple food allergies.

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