



## Wheat Free

By Good Housekeeping Institute

Anova, 2008. Paperback. Book Condition: New. 1. 19.5 x 23.4 cm. Whether it's to lose weight or for health reasons, eating a wheat free diet is now hugely popular and a way of life for many people. With a clearly written introduction outlining what it takes to eat a gluten-free diet, many of the recipes are suitable for coeliacs, as well as those seeking to stop feeling bloated after eating. Divided into chapters including start the day, soups and salads and easy suppers, every recipe is healthy and delicious. Over 100 triple-tested recipes in a new full-colour cookery series, featuring the most popular recipes from the GH Institute Kitchens - tried ? tested ? trusted recipes that are guaranteed to work first time every time. Each title in the series contains: ? Step-by-step photography of essential cooking techniques ? Nutritional advice - clear information where recipes are vegetarian, wheat, gluten and dairy free ? Preparation and cooking times, serving quantities ? Menu ideas ? temperature and measurement conversion charts. Paperback.

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