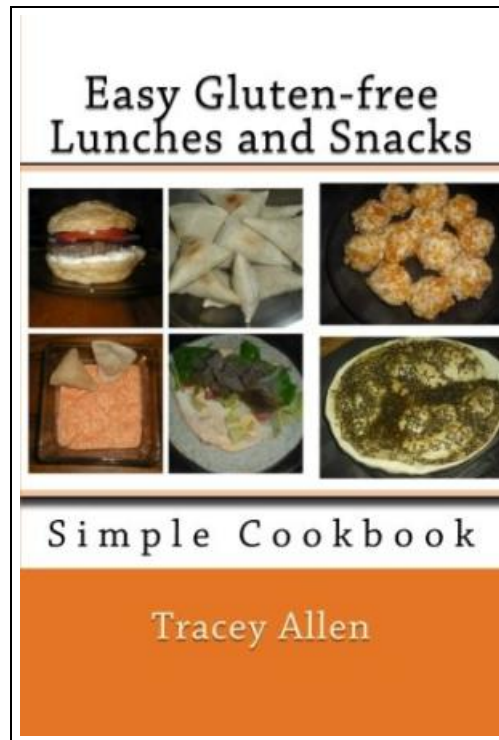


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Easy Gluten-Free Lunches and Snacks, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. You didn't ask for it and you didn't know it was going to happen to you. You were just minding your own business snacking down your seemingly harmless daily bread (whole wheat because you're a bit of a health nut) and the occasional doughnut because you have to enjoy life too. Then it started one or more weird symptoms; sense of not feeling well; a red-rash pops up here and there on your body; your stomach feels like it's been mule-kicked; and you are experiencing a slight moodiness that bids you to club your husband in the head with a shovel and bury him in the back yard beside the roses. You did what most of us do in the same situation and headed off to the doctor to get some blood tests done and then you are given the news, you have an intolerance to gluten. This book is based on the idea of preparing simple, easy, and for the most part healthy lunch and snack choices that are also gluten-free. They may even be vegan and/or lactose-free, definitely no corn, bean or soy products. And where possible they are as inexpensive as possible, since being celiac or gluten intolerant can get expensive. Since the focus is on simple and easy the fewest ingredients are used and there is one all-purpose inexpensive (well as inexpensive as gluten-free flour can be) flour mix. This is of course because the author takes no joy in confusing the heck out of cooks with a different flour mix for each and every recipe. You will also not find weird and wacky ingredient lists...



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