



# **The Gluten-Free Kitchen: Over 135 Delicious Recipes for People with Gluten Intolerance or Wheat Allergy**

*Roben Ryberg*

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**From French Toast to Fried Chicken, Delicious Gluten-Free Foods!**

Think you have to give up bagels, biscuits, and breads just because you're on a wheat- or gluten-restricted diet? Think again! If you suffer from wheat or gluten allergies, inside *The Gluten-Free Kitchen* you'll discover a world of foods you never knew you could enjoy—foods such as cornbread, cinnamon rolls, and coffee cake; or even pancakes, pizza, and pumpkin pie! Both novice and experienced cooks will enjoy such tantalizing dishes as:

- Sour Cream Breakfast Muffins
- Blueberry Cobbler
- Ham and Cheese Pocket Pies
- Onion Rings
- Fried Chicken
- Simply Sinful Chocolate Cake
- And much, much more!

"This book offers a wealth of tips and helpful hints for successful gluten-free cooking . . . including recipes most of us grew up enjoying."—**Cynthia R. Kupper, C.R.D., executive director of the Gluten Intolerance Group**

"An excellent source of gluten-free recipes that taste good and are easy to prepare."—**Suzanne R. Curtis, Ph.D., R.D., Department of Nutrition and Food Science, University of Maryland**

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#### **Shelley Gavin:**

Playing with family within a park, coming to see the marine world or hanging out with friends is thing that usually you could have done when you have spare time, then why you don't try point that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love *The Gluten-Free Kitchen: Over 135 Delicious Recipes for People with Gluten Intolerance or Wheat Allergy*, you may enjoy both. It is very good combination right, you still want to miss it? What kind of hangout type is it? Oh can occur its mind hangout guys. What? Still don't obtain it, oh come on its named reading friends.

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