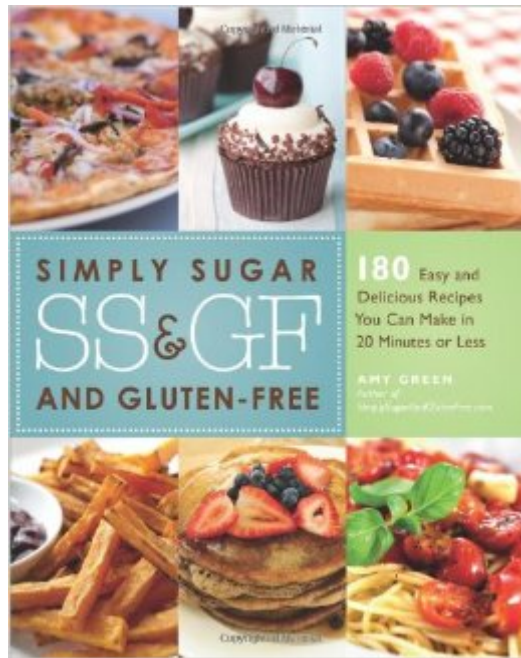


The book was found

Simply Sugar And Gluten-Free: 180 Easy And Delicious Recipes You Can Make In 20 Minutes Or Less



Synopsis

FABULOUS FOOD MADE HEALTHIER Eliminating gluten and refined sugar from your diet doesn't mean hours in the kitchen or expensive, exotic ingredients. Follow these smart strategies and simple techniques to create tasty, allergy-friendly meals in no time. From hearty breakfasts to decadent desserts, *Simply Sugar & Gluten-Free* is chock-full of dishes as delicious as they are healthy. #149;Banana Walnut Belgian Waffles#149;Carrot and Jicama Slaw#149;Chewy Granola Bars#149;Crispy Prosciutto Deviled Eggs#149;Chicken Cacciatore#149;Deep Dish Lasagne#149;Double Chocolate Cherry Cookies#149;French Onion Soup#149;Light and Moist Cornbread#149;Oven-Baked Cumin Lime Tortilla Chips#149;Pear and Spinach Salad with Lemon Truffle Vinaigrette#149;Sweet Potato and Black Bean Tacos#149;Vanilla Bean Ice Cream#149;Veggie, Onion, and Prosciutto Pizza Whether you're going sugar-free and gluten-free because of an allergy or a desire to eat healthy, this book's nutritious, satisfying, home-cooked meals will minimize weight gain and maximize good health.

Book Information

Paperback: 240 pages

Publisher: Ulysses Press; 1 edition (March 15, 2011)

Language: English

ISBN-10: 1569758654

ISBN-13: 978-1569758656

Product Dimensions: 7.4 x 0.9 x 9.1 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars Â See all reviews Â (128 customer reviews)

Best Sellers Rank: #112,205 in Books (See Top 100 in Books) #79 in Â Books > Health, Fitness &

Dieting > Diets & Weight Loss > Gluten Free #154 in Â Books > Cookbooks, Food & Wine >

Special Diet > Diabetic & Sugar-Free #255 in Â Books > Cookbooks, Food & Wine > Special Diet > Allergies

Customer Reviews

I've been gluten free for about 6 years. I have many gluten free cookbooks, but I was hooked on the promise of simplicity for the recipes in this book. I like the idea of quick, healthy meals for my family that also meet my dietary limitations. Tonight, I tried the mac and cheese and meatloaf. Both were delicious, and the family liked them as well! The recipes are fairly simple, and turned out very tasty. My only "complaint" - which I hope really isn't seen as a complaint but more of a fact - is that the 20

minutes part of the title means preparation time; it does not include cook time. But regardless, I look forward to trying more of the recipes. As many other reviewers have mentioned, the tips are extremely helpful. There are tips for how to buy dried fruit, storing chickpeas in the fridge so homemade hummus will already be chilled, making double batches and freezing, etc. I love the idea of baking a big batch of brown rice or making extra quinoa and freezing for later use. I have a very active family, and this kind of meal planning for the sake of convenience is huge for us. The only real negative for me is that Ms. Green's flour mix contains bean flour. I have not been able to tolerate the taste of bean flour in most other recipes (or its effects on my tummy if I eat too much). I seem to have a keen sense for the taste, and have only found a few recipes containing bean flour that I like (one is Bette Hagman's zucchini bread with pineapple, the other is Erin McKenna's Apple Cinnamon Toasties, which are both super yummy!) The mac & cheese I made tonight called for the bean flour mix, but I used sweet rice flour instead, and the recipe still turned out great.

[Download to continue reading...](#)

Simply Sugar and Gluten-Free: 180 Easy and Delicious Recipes You Can Make in 20 Minutes or Less
Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2)
Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse)
Gluten Free Recipes: 39 Gluten Free Recipes With Rice, Polenta, Beans And Quinoa Plus Delicious Vegetable Side Dishes To Complete Your Gluten Free Meal-Discover ...
Gluten Free Recipes On a Budget Book 6)
Sugar Gliders: The New Owner's Guide to Sugar Glider Care (Sugar Glider, Sugar Glider Care, Sugar Glider Books, Sugar Glider Facts, Pet Sugar Glider Book 1)
Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included
Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes)
Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3)
Gluten Free Cookbook for Busy People on a Budget: 50 Delicious 30-Minutes-or-Less Recipes for Weight Loss, Energy & Optimum Health (Nutritious Gluten-Free Recipes for Healthier Living series 1)
Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) The Gluten-Free Diet Cookbook: 101 Delicious Wheat-Free Recipes Inspired by the Mediterranean Diet (Gluten-free, Gluten-free Cooking)

Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free, Caffeine-Free?.Are you kidding me?: All natural and 99% organic recipes that are quick and easy to prepare. Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber GLUTEN FREE COOKBOOK: Gluten Free Slow Cooker Recipes: 50 Gut Friendly Wheat Free Meals That Are Ready When You Are (Gluten Free Diet) (Health Wealth & Happiness Book 57) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten-Free Crock Pot Recipes: 50 Sensational Set & Forget Slow Cooker Recipes for a Gluten-Free Diet (Gluten-Free Made Easy) (Volume 2) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free GLUTEN FREE BREAD RECIPES: Easy and Delicious Homemade Gluten Free Bread Recipes

[Dmca](#)