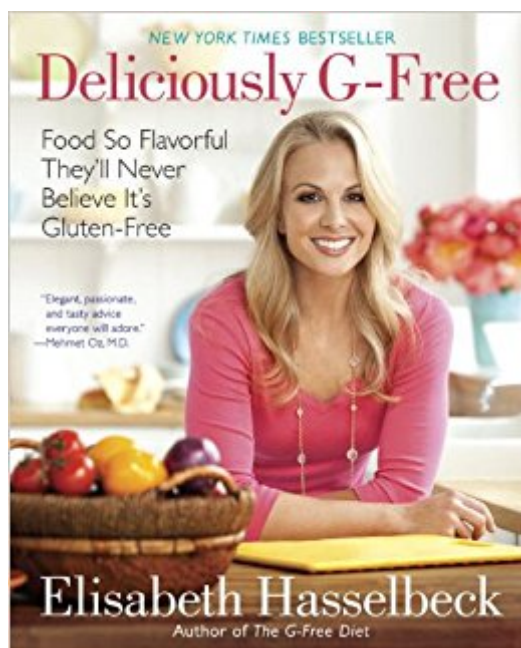


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# Deliciously G-Free: Food So Flavorful They'll Never Believe It's Gluten-Free



## Synopsis

From the author of *The G-Free Diet* and the co-host of ABC's *The View* comes a vital book about scrumptiously satisfying gluten free food with easy-to-follow recipes, healthy tips, and full-color photographs throughout for families managing celiac disease as well as anyone who is concerned about their intake of wheat and other grains. Growing up in a family where everyone came together at the dinner table, Elizabeth Hasselbeck savored the signature meatball, lasagna, and ziti dishes of her grandmother and great-grandmother, and the pierogies of her father's heritage. But a decade ago, the Emmy Award-winning co-host of *The View*, New York Times bestselling author, and mother of three was diagnosed with celiac disease, and the family recipes she grew up with suddenly became strictly off-limits. Or so she thought. Getting rid of gluten, however, doesn't have to mean giving up taste. *Deliciously G-Free* combines Hasselbeck's knowledge for healthy living and passion for tasty food to bring you 100 delectable, easy-to-make, and family-friendly gluten free recipes. By adding a variety of other ingredients to the fridge and pantry, she's perfected scrumptious gluten free versions of old standards and new creations that would make her relatives proud, including:

- Breakfasts to Remember: Fried Egg Sandwich with Chipotle Mayo, Coconut Raspberry Muffins, French Toast with Caramel Rum Bananas, Blueberry Waffles, and Frittata
- All-Star Appetizers: Pork Pot Stickers, Stuffed Mushrooms, Smoked Salmon on Corn Fritters, Crab Cakes with Homemade Tartar Sauce, and Hot Artichoke Dip
- Mouthwatering Main Meals: Excellent Enchiladas with Quinoa Cornbread, Mac and Cheese, Lasagna, Veggie Pad Thai, Chimichurri Flank Steak and Grilled Asparagus, and Buttermilk Chicken
- Deliciously Irresistible Desserts: Chocolate Devil's Food Cupcakes, Blueberry-Raspberry Cobbler, Chocolate Chip Cookies, Tiramisu, Yellow Birthday Cake, and Double Chocolate Brownies

Loaded with gorgeous color photos, *Deliciously G-Free* also satisfies your taste buds with ideas for gourmet entertaining, kid-friendly concoctions, cool-weather comfort foods, and "Get Fit" gluten free recipes. Plus, Hasselbeck opens up about her own gluten free journey from getting diagnosed to getting her family on board and shares tips for how to stock your kitchen, prevent cross-contamination, and whip up gluten free flour mixes that literally take the cake. Looking great and feeling good from the inside out is just one *Deliciously G-Free* meal away!

Praise for *Deliciously G-Free*:

- "Fried chicken, brownies, sliders, even spaghetti and meatballs and mile-high lasagna all gluten free? My only complaint about Elisabeth Hasselbeck's *Deliciously G-Free* is that I didn't write it myself. She problem-solves in the tastiest of ways with the most requested recipes of our time—gluten free. Nicely done, blondie!" —Rachael Ray
- "*Deliciously G-Free* gives you world-class advice on gluten from a world expert on her body.

Elisabeth Hasselbeck offers elegant, passionate, and tasty advice everyone will adore.âMehmet Oz, M.D. âDeliciously G-Free eschews fancy, restaurant-level recipes and acknowledges instead the need for straightforward food for busy people, lovingly prepared.âThe Oregonian

From the Hardcover edition.

## Book Information

Paperback: 288 pages

Publisher: Ballantine Books (July 15, 2014)

Language: English

ISBN-10: 0345529391

ISBN-13: 978-0345529398

Product Dimensions: 7.4 x 0.6 x 9.2 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ See all reviewsÂ (279 customer reviews)

Best Sellers Rank: #59,297 in Books (See Top 100 in Books) #55 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free #150 inÂ Books > Cookbooks, Food & Wine > Special Diet > Allergies #200 inÂ Books > Cookbooks, Food & Wine > Special Diet > Gluten Free

## Customer Reviews

I've done the waffles, the pancakes and the yellow cupcakes. All have been a hit. I can tell by looking thru some of the other recipes that they are very high in refined starch and sugar which is a problem for anyone battling blood sugar issues But this is usual and normal for gluten free recipes due to the flour starch blends used to replicate gluten's properties. Her recipes actually attempt to correct the problem a bit by adding more fiber. Where this book shines in comparison with other gluten free books, is that the recipes taste great, the food really does look, feel and taste like the original gluten containing version, only a bit better even. Nicely done!! I wish the nutritional info was included. I calculated the carbs myself for those recipes and the muffins. Surprisingly the muffins were higher in calories and carbs than the cupcakes, no doubt due to the coconut flour. Because of the lack of nutrition info, I'm knocking this down one star. It's months later, and I'm finding that unless I've calculated those carbs and fiber etc, I'm not bothering with the recipes. I have other cookbooks now that have the nutrient info already done for me. Gluten free involves a lot of carbs, heavily refined and the carb content can be a problem for those with diabetes or those who are using a low carb diet to control auto immune issues other than celiac. Both diabetes and auto immune disorders occur in the celiac population at a fairly high rate along with allergies. I own Betty

Hagman's Gluten Free Gourmet books 1 and 2 as well as Carol Fenster's 1000 Gluten Free Recipes plus a few other G Free cookbooks. Bette Hagman's newer editions all contain nutrient info, and some of Carol Fenster's along with the new Betty Crocker Gluten Free cookbook.

My daughter was diagnosed with celiac disease as a toddler, 18 years ago. At that time, resources for celiac disease and a gluten-free lifestyle were all but nonexistent. Gluten-free flour options, mixes for home baking, and ready-to-eat products were rare, lousy, and expensive. The local stores, except for health food markets, had nothing to offer. Home cooking would be a necessity for my daughter, and, having come from a tradition of good cooks back several generations, I took on that challenge happily despite the frustrations. I caught Ms. Hasselbeck on The Chew a few weeks ago and the discussion of the book made me want to add another gluten-free cookbook to my daughter's growing collection. I can't begin to say how disappointed I am just from glancing through the book. First, why publishers and cookbook authors think celiacs and those who need to eat gluten-free (GF) need a special cookbook to tell them how to make a salad or a simple entree is beyond me. Spend a couple hours reading online, and one can learn how to substitute the tricky ingredients--the ones that would be GF but for some hidden surprise, such as the wheat in soy sauce--and avoid flour. We do not need a recipe that tells us how to make fajitas by putting the word "gluten-free" in front of ingredients that commonly have hidden gluten and directing us to use a corn tortilla. Really? Like we couldn't have figured that out? And then decided that corn tortillas are a nasty, unpleasant substitute for flour tortillas. What we need then is a recipe for a gluten-free tortilla that is palatable and can then be used in other recipes and contexts.

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A Tear And A Smile: "If you love somebody, let them go, for if they return, they were always yours. If they don't, they never were."  
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