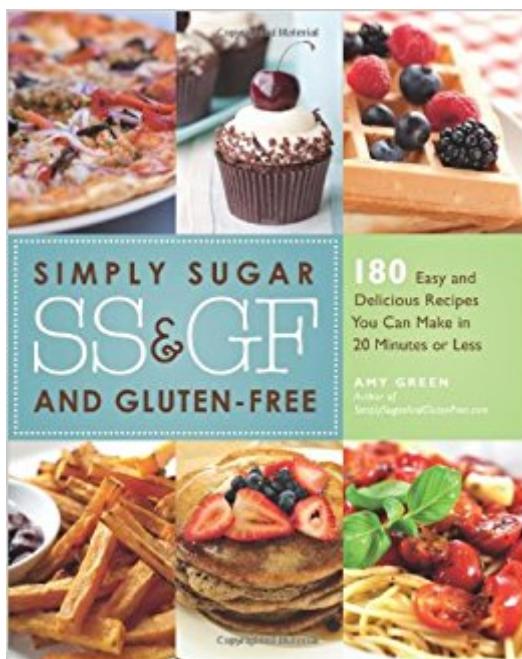


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# Simply Sugar And Gluten-Free: 180 Easy And Delicious Recipes You Can Make In 20 Minutes Or Less



## 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. Banana Walnut Belgian Waffles; Carrot and Jicama Slaw; Chewy Granola Bars; Crispy Prosciutto Deviled Eggs; Chicken Cacciatore; Deep Dish Lasagne; Double Chocolate Cherry Cookies; French Onion Soup; Light and Moist Cornbread; Oven-Baked Cumin Lime Tortilla Chips; Pear and Spinach Salad with Lemon Truffle Vinaigrette; Sweet Potato and Black Bean Tacos; Vanilla Bean Ice Cream; 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

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## 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.

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