



# Gluten-Free 101: The Essential Beginner's Guide to Easy Gluten-Free Cooking

*Carol Fenster*

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# Gluten-Free 101: The Essential Beginner's Guide to Easy Gluten-Free Cooking

Carol Fenster

## Gluten-Free 101: The Essential Beginner's Guide to Easy Gluten-Free Cooking Carol Fenster

It can be upsetting and overwhelming to learn that you can't eat gluten, or that you need to cook for someone who can't. *Gluten-Free 101* is the guide to help make the transition a simple and positive change. It explains how to select and work with the best g-free foods from a now extensive (and sometimes confusing) product shelf, how to continue eating healthfully, and how to master basic gluten-free cooking techniques, such as cooking g-free pasta and rolling g-free dough. There are 175 simple recipes for everyday favorites like pancakes, pizza, fried chicken, sandwich bread, and cupcakes, with more than twenty-five beautiful recipe photos. Going gluten-free can be fun and delicious!

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