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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.



Synopsis

This cookbook was created out of my own interest and desire to develop tasty, healthy easy to prepare meals and snacks that accommodate all of my sensitivities and allergies. Which means they must be; gluten free, wheat free, dairy free, sugar free, caffeine free, preservative, additive and chemical free. It is overwhelming to be told your regular eating habits have to be altered and many people simply don't have a lot of time to be creative in the kitchen. I found there were not many recipes available to help me with all of the sensitivities I had developed and realized there must be other people like me trying to come up with tasty healthy food to enjoy. I have created several quick and simple recipes that provide very healthy and flavourful dishes. There is a wide variety from snacks to full meals and these dishes are sure to please your family and even impress your friends without being difficult or too costly. Some ingredients may be new and sound foreign but they are surprisingly easy to find and I have provided tips on many recipes that assist with preparation as well as where to locate many of these items.

Book Information

Paperback: 84 pages

Publisher: iUniverse (December 29, 2008)

Language: English

ISBN-10: 1440109478

ISBN-13: 978-1440109478

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

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Best Sellers Rank: #1,412,649 in Books (See Top 100 in Books) #26 in [Books > Health, Fitness & Dieting > Nutrition > Caffeine](#) #352 in [Books > Cookbooks, Food & Wine > Special Diet > Wheat Free](#) #503 in [Books > Cookbooks, Food & Wine > Cooking Methods > Organic](#)

Customer Reviews

Yes, unfortunately, you are kidding me. This book is not what it represents itself to be. At least half the recipes have some form of either gluten, dairy, or sugar. It is a big disappointment, poorly researched, and assumes that "evaporated cane juice" is not sugar or Goat's milk is not a dairy food. My biggest objection, as a health professional, is that it is full of misleading and incorrect information (Ezekiel bread contains no wheat, for example.) It also makes little or no distinction as to which are the gluten or non-gluten grains. Definitely not what you are looking for if you are on a

gluten-free, dairy-free, and/or sugar free diet.

I hoped that I had ordered a cookbook for "gluten, dairy and sugar free recipes" for my use recipes had to include all three in each recipe; instead there were recipes for gluten free, recipes for sugar free, recipes for dairy free. Some of the recipes included two items, none included all three items.

Book was okay but small and offered limited ideas. I would suggest others books that provide more information and more menu options.

Just ok

more of a pamphlet than a book

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