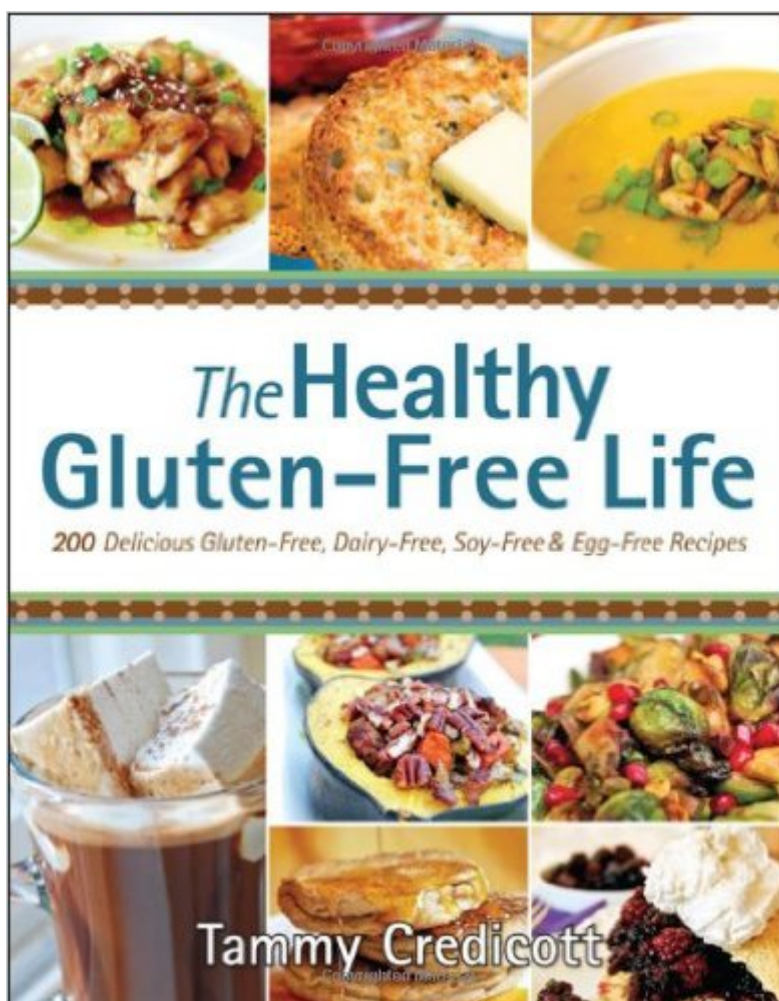


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# The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free And Egg-Free Recipes!



## Synopsis

Warning, this is NOT ANOTHER GLUTEN FREE BAKING BOOK! It's a unique, gluten-free cookbook with everyday recipes that mix simple, home-style cooking with great taste and real, whole food ingredients. Every recipe is not only gluten-free, but also egg free, dairy free, soy free, white rice flour free, and bean flour free. Feel free to cheer! In *The Healthy Gluten Free Life*, Tammy Credicott shows you just how easy and budget-friendly living a healthy, gluten-free life can be. By giving detailed instructions and a host of tips on everything from choosing quality ingredients to techniques on make-ahead meals to save you time down the road, Tammy will inspire you to step back into the kitchen and enjoy cooking again. *The Healthy Gluten Free Life* is filled with over 200 mouth watering recipes for every meal of the day, including breakfasts, snacks, dinners, side dishes, desserts, and more. In addition, each delicious recipe is accompanied by captivating color photographs to help entice you to the final tasty dish. Beyond the recipes, *The Healthy Gluten Free Life* guides you on how to:

- \* Choose flours that work best for you & the recipe you're working with
- \* Replace dairy & eggs in your recipes easily and without fail
- \* Differentiate between the multiple gluten-free flours and starches on the market, giving you the confidence to modify any gluten-free recipe you choose
- \* Create a week's worth of school lunches that your kids will love and not be embarrassed by

Get the taste & texture you remember from your pre-gluten free days with the added health benefits of whole grain flours, limited starches, lower sugar, and real, whole foods! *The Healthy Gluten-Free Life* helps bring your family back to the table, food allergies and all!

## Book Information

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## Customer Reviews

I've used many different gluten free cookbooks since being diagnosed with celiac disease over 20 years ago. Most had a few recipes I liked and many I didn't. What makes The Healthy Gluten-Free Life cookbook unusual is that I've liked every recipe I've tried so far. One of my biggest hurdles has been making the same food, such as chicken, taste different each time I cook it. The sauces, seasonings and dressings that Tammy uses for entrees and salads has helped solve my problem. They are excellent, but not difficult to make. This is not just a gluten free cookbook. Anyone with intolerances to gluten, dairy, soy or eggs will find this cookbook a great help. I've never cooked without eggs and was skeptical about eliminating them from my baked goods. I've made Lemon Poppy Seed cakes, shortcake and snickerdoodles. They were just as good as those made with real eggs. Tammy has included descriptions of flours, starches, sweeteners, oils and fats plus substitutions for eggs and dairy. Her kitchen tips will help you save time and money. There is also a short list of resources at the end. This book is a feast for the eyes. The pictures will make you want to run to your kitchen and start cooking immediately. That's what I did and I'm delighted with the results. The only suggestions I have are for the publisher. I found it was difficult to read the fractions in the recipes as they were so small. A larger font would be much easier to see. I would also add an index that was alphabetical. The picture index was nice, but it was by page number so it took too long to find what I wanted.

I was just diagnosed with gluten allergies and dairy allergies (plus a couple others) and am so overwhelmed! After checking out every gluten free cookbook at my library, I realized that they will not work easily for me, since they all still have dairy in them. I just wanted to cook (and bake), I didn't want to THINK! This is one of two cookbooks I decided to purchase. I am so excited about this one in particular because it looks like she fixes food exactly the same way I do! I use my freezer a lot, to store freezer meals, extra baked goods and dough, etc. The other cookbook was basically gluten free and called for "dairy free" dairy ingredients (sour cream, yogurt, etc.) in every recipe. Very expensive and hard to find. This cookbook has recipes where you don't miss the dairy or has easy substitutions. Also includes a resource guide at the end of the book for where to buy the ingredients for those of us from small towns that don't have well stocked health food stores. I am so excited to eat something "normal" again! I'm especially thrilled that she used to run a gluten free bakery, but has now put all those recipes in this book. (Edited to add: I just wanted to respond to the review that said the breakfasts were all quinoa recipes. That is simply not true. While there are a few quinoa recipes, which I appreciate because of the variety, there are about 25 breakfast recipes and I think only about 4 of them are for quinoa based breakfasts. She has muffins, pancakes,

sausages, etc. Many, many breakfast favorites.) Also, made the chicken salad yesterday and it was really good. I added apple instead of grapes. The chocolate chip cookies? Wonderful! You can eat the raw dough with no worries (no eggs), and I like to microwave one or two balls of dough, straight from the freezer, whenever I want a quick treat. My non-GF kids love them too.

My 10 year old daughter (who loves sweets) was recently diagnosed with food allergies. These are her allergies: Gluten, dairy, eggs, soy, pineapple, blueberries, cranberries, bananas, broccoli, corn, cabbage, spelt, curry and vanilla. Anybody who has children who have been diagnosed knows how hard this is on kids. Thankfully, there are books like these that make everything better. The pancakes, waffles, english muffins, chocolate chip cookies, brownies are to die for! My kids, husband and friends say they taste delicious. Word of advice, I learned this the hard way. First: Only use Bob's Mill flours and starches except the teff flour which you can get at Teff Co for a great price. I ordered from a different company and had to throw away a batch of cookies and pancakes. Second: Store your flours and starches in the fridge. They can go rancid. Also, the author of this book has a website where you can actually contact her via e-mail and she actually responds. She helped me figure out what was going on with my flours and answered my questions promptly. That is definitely a plus for any newbie. Thank you Tammy and I hope and pray you continue the good work for families like us!

My husband and I decided to try a gluten-free diet for a brief time to see how our bodies would react. We are very conscious of our health and are always striving to improve on that. My intent is to stay gluten-free as long as my body performs well while I train for certain fitness competitions. I have been dairy-free for almost a year and have certainly felt better in regards to my allergies and more so with my total body fat percentage. I figured dairy-free and gluten-free go hand in hand so to speak. We are fortunate that we have not been diagnosed with Celiac disease. And we are certain not make light of people that struggle with this awful disease. I ran across this cookbook while on Facebook and saw the fan page. After reading it, and reading the reviews here on I decided to order the book without hesitation. Much to my delight, this is a beautifully written cookbook. Not only for the delicious and nutritious recipes, but for the back history of this particular family. I love knowing what flours are the best for your body all the while not being stripped of their nutrients. I've learned a great deal from this book. I have tried many of the recipes, seasoning rubs, salad dressings, etc. and without fail they are truly awesome! My most favorite recipe to date is the The Famous Celiac Maniac English Muffins!! These are a family favorite as well. My main goal is to

provide delicious and nutritious meals knowing every ingredient that is being used for my family.....and this cookbook helps me succeed!

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