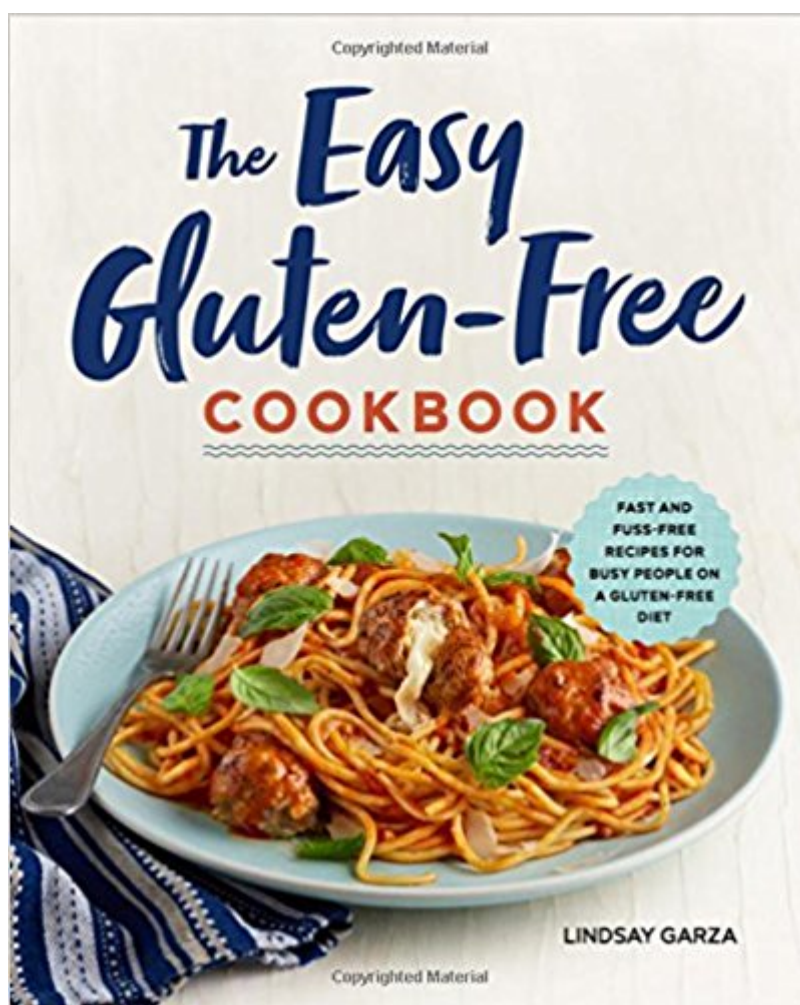


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# The Easy Gluten-Free Cookbook: Fast And Fuss-Free Recipes For Busy People On A Gluten-Free Diet



## Synopsis

No gluten, no problem: Eating gluten-free is a piece of (flourless) cake with The Easy Gluten-Free Cookbook. Anyone who eats (or cooks for someone who eats) a gluten-free diet knows how difficult it can be to give up your favorite foods and constantly be on the lookout for gluten. You shouldn't have to be a Michelin-star chef or completely change your palate just to avoid gluten; at least, that's what Lindsay Garza, author of The Easy Gluten-Free Cookbook and longtime follower of the gluten-free diet, believes. Featuring countless variations of your favorite recipes, quick preparation time, and minimal ingredients, this simple and easy-to-follow gluten-free cookbook will never leave you wondering what's missing. The Easy Gluten-Free Cookbook includes: Quick and Easy-to-Prepare Recipes Designed to save you time by using minimal ingredients and kitchen equipment; Familiar Favorite Foods Variations on the foods you want but can't have that are just as flavorful and delicious as the originals; Gluten-Free Guidelines Everything you need to know about how to prep and cook for your gluten-free lifestyle. The Easy Gluten-Free Cookbook brings you recipes such as: Breakfast Tacos, Perfectly Fluffy Pancakes, Quick Drop Biscuits, Crispy Sweet Potato Fries with Aioli Dip, Vegan Sloppy Joes, Spicy Black Bean Nachos, Crispy Baked Chicken Fingers, Tuna-Stuffed Avocado Melts, Quesadilla Casserole, Cheesy Pizza Pasta Casserole, Edible Cookie Dough, The Best Peanut Butter Cookies, and many more! Start learning how simple and stress-free it can be to make savory meals with The Easy Gluten-Free Cookbook today!

## Book Information

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## Customer Reviews

"For those newly diagnosed with celiac disease, the challenge of going gluten-free can seem a

daunting task. Lindsay understands this, and has created in her cookbook a helpful resource for those beginning their gluten-free journey. With lovely photographs and simple recipes, "The Easy Gluten-Free Cookbook" truly lives up to its name." —Alice Bast, CEO of Beyond Celiac "I was so thrilled to get a sneak peek at The Easy Gluten-Free Cookbook, especially when I found out Lindsay shares my affinity for vegetables. From Sweet Potato Mexican Lasagna to Simple Roasted Broccoli, Lindsay's healthy, easy recipes are sure to delight." —Pamela Ellgen, author of The Gluten-Free Cookbook for Families and food blogger at SurfGirlEats.com "This cookbook has it all: breakfast, soup and salad, sides and snacks, main dishes (including beef, pork, poultry, fish, vegetarian, AND vegan dishes!), desserts, and even sauces and dressings. Plus, Lindsay's main focus is on making the recipes EASY — exactly what you need at the end of a long day during a busy week." —Sharon Lachendro, creator of the What The Fork, Deliciously Gluten-Free blog

Amazing cookbook with lots of easy fast recipes! My mom has celiac disease, and I am a pescatarian so we have a limited amount of options to cook together, but this book had whole sections titled "vegan and vegetarian" and "fish and poultry" so we had lots of options to try that were easy to locate. Uses lots of affordable ingredients too, so you aren't hunting the spice aisle for some unheard of spice only imported from (insert country here). I'd highly recommend this book for fast affordable gluten-free cooking!

This is a great cookbook for my collection. I especially love that the recipes are categorized by prep time and number of ingredients for days that I am in a rush. I am not gluten-free but I love to use Lindsay Garza's recipes because they are always health-conscious and easy to make. Try the sweet potato lasagna — yum!

Wow!! So good. I forgot I was eating gluten free!! Thank you so much. A bunch of these ingredients are ones I haven't thought of. So good and, bonus I have lost 13 pounds now!!

Gluten-free can be daunting and discouraging. So much of what we have been used to is now off limits and label reading is essential.. Not only food, but shampoos, lotions, makeup, and even medications may contain gluten. This book provides guidelines for those who are struggling with the diet. If you like to bake, gluten free is especially challenging and expensive. I have virtually given it up. This book isn't quite a primer on GF baking and I wouldn't make some of the recipes but, still, it's a good reference.

I wish I had found this when I first went gluten free which I found to be a time when you feel you can't eat anything. The easy gluten free cookbook shows you how you can still create great tasting dishes in minimal time that are in accordance with your new approach to eating. Some recipes are nut free, dairy free and others are vegan. These labels are indicated at the top of the recipes so you know at a glance. This book makes it so easy to make a plethora of soups, salads, hors d'oeuvres, side dishes and entrees. An exceptional book to easily execute starter gluten free meals that you can build upon as you become comfortable with your new path to cooking and health restoration.

Lindsay's cookbook is full of beautiful photos, clear and easy directions, delicious recipes, and tons of information about gluten and living gluten-free! She provides simple steps and many examples on how to have a conveniently comfortable lifestyle for those who have a gluten intolerance or Celiac's. I thought her variety of recipes was excellent, and each includes what kind of preparation is involved, such as one-pot or one-pan, sheet pan, 30 minutes, or 5-ingredients. This book is for meat eaters and non-meat eaters as well. There's an entire chapter dedicated to vegan and vegetarian recipes as well as chapters with fish/poultry and beef/pork. It is obvious that her passion for cooking shines through in this book. While I am not gluten-free, you won't miss the gluten in ANY of these! Serve her Edible Cookie Dough at a party, and, after the bowl is empty, reveal to your guests that it was gluten-free. They won't believe you. Trust me!

Just as it says on the cover of this book, this is a collection of FAST and fuss free recipes for busy people on a gluten free diet. This includes one pot or one pan recipes, sheet pan recipes, 30 minute recipes and recipes with 5 ingredients or less. That is important on a budget. I had no idea there were so many gluten free recipes before reading this cookbook. I would advise anyone who is on a gluten free diet or who is bored with their gluten free diet, to buy this book !

This cookbook is fantastic! Lindsay makes eating gluten free easy! I love the soup and salad recipes... my favorite is the Mason Jar Taco Salad! Everything is quick and easy to make. Achieving a gluten free diet is simple with this cookbook!

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