



The Gluten-Free, Hassle Free Cookbook: Delicious, Foolproof Recipes for Every Day and Every Occasion

Marlisa Brown MS RD CDE

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All of the gluten-free and allergy-friendly recipes you'll ever need

Whether you are cooking for yourself, your family, or a crowd, preparing quick and tasty gluten-free meals doesn't have to be difficult or expensive. Registered dietitian Marlisa Brown shows you how to stock your kitchen with the essentials and shares the go-to recipes you'll want to make again and again, including easy breads, pies, and cakes. Each recipe includes nutrition, allergy, and FODMAPs information as well as substitutions for other dietary restrictions.

With no fuss but lots of flavor, *The Gluten-Free, Hassle-Free Cookbook* delivers recipes for every craving, including favorites you may have thought were impossible to create gluten free.

- **Quick and Easy Dinners:** Oven baked ""fried"" chicken, black bean burgers with creamy cilantro pesto, broccoli and cheese casserole
- **Easy Appetizers and Sides:** Crab cakes, cheese puffs, zucchini sticks, batter-fried onion rings
- **Comfort Food Classics:** Buckwheat pancakes with cinnamon apples, macaroni and cheese, pizza, deep dish chicken pot pie
- **Breads and Biscuits:** Skillet corn cakes, Irish soda bread, pull-apart rolls
- **Luscious Desserts:** Chocolate peanut butter tart, black and white cookies, cherry vanilla chip shortbread
- And much more.

Praise for *Gluten-Free, Hassle Free*

¡If you're going to go gluten free, you're going to need this book!¡óJacqueline Mallorca, food editor, *Gluten-Free Living*

¡Makes it easier to enjoy gluten-free living!¡óMary Schluckebier, Executive Director, Celiac Sprue Association

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Lula Barnes:

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Derrick Tompkins:

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