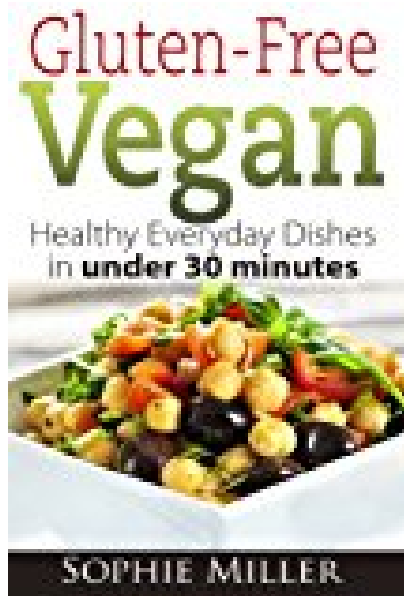


Gluten-Free Vegan Healthy Everyday Recipes in under 30 minutes



BOOK DETAILS

- Author : Sophie Miller
- Pages : 94 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1495298248

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BOOK SYNOPSIS

A new cookbook by the pioneer of delicious gluten-free food offers mouthwatering vegetarian recipes for gluten-free eaters. Whether its because of food allergies, celiac disease, or dietary preferences, more and more people want to eliminate gluten from their diet. Many are looking for hearty, flavor-packed vegetarian and vegan options to increase their energy and make healthy choices for their families and the environment. At last, Carol Fenster-one of the countrys foremost experts on special diets and an author of several popular gluten-free cookbooks-answers the call of a growing market of at-home cooks. In 125 Vegetarian Gluten-Free Recipes, Fenster applies her proven kitchen prowess to creating quick-and-easy vegetarian recipes that are sensational and healthful. From snacks and appetizers like Baked Kale Chips, to filling dinners like Chili Cornbread Casserole and Eggplant Parmesan Stacks, to decadent desserts like All-American Cherry Pie and Chocolate Brownies, 125 Vegetarian Gluten-Free Recipes is the perfect addition to any gluten-free kitchen.

GLUTEN-FREE VEGAN HEALTHY EVERYDAY RECIPES IN UNDER 30

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