



Gluten-Free All-In-One For Dummies

By Consumer Dummies



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Gluten-Free All-In-One For Dummies By Consumer Dummies

Everything you need to know about living a gluten-free lifestyle

As the prevalence of gluten-free dieting continues to grow—both from necessity and choice—more and more people are searching for a healthy way to cut gluten out of their lives. *Gluten-Free All-In-One For Dummies* culls a wealth of indispensable information from six popular For Dummies books, providing you with an all-encompassing, one-stop resource for living and eating gluten-free. From gluten-free cooking and baking to must-have information on celiac disease, this comprehensive and authoritative guide to all things gluten-free is the only reference you'll need as you navigate your way around a wheat, barley, and rye-filled world.

With nearly millions of households having at least one person who eats gluten-free foods, the need for a trusted and authoritative guide to living gluten-free has never been greater. Thankfully, *Gluten-Free All-In-One For Dummies* is here to offer expert guidance on making the switch to a life free of gluten.

- Recognize the benefits of adopting a gluten-free lifestyle
- Interpret food labels and stock a gluten-free kitchen
- Cook delicious gluten-free recipes for every meal of the day
- Make kid-friendly gluten-free meals, baked goods, and desserts

If you're a seasoned gluten-free eater or a newcomer to the diet, *Gluten-Free All-In-One For Dummies* is the perfect, all-inclusive guide to ditching the grains and living a healthier life.



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Editorial Review

From the Back Cover

5 BOOKS IN 1

- *Living Gluten-Free For Dummies*, 2nd Edition
- *Gluten-Free Cooking For Dummies*, 2nd Edition
- *Gluten-Free Baking For Dummies*
- *Celiac Disease For Dummies*
- *Student's Gluten-Free Cookbook For Dummies*

Your one-stop resource for living and eating gluten-free

Are you making the switch to a life free of gluten, either by necessity or choice? From gluten-free cooking and baking to must-have information on celiac disease, along with the latest information on labeling standards. This all-encompassing and authoritative guide is the only reference you'll need as you navigate your way around a wheat, barley, and rye-filled world.

- **Gluten-free from A to Z** — discover the benefits of being gluten-free, take a closer look at celiac disease, and grasp the ground rules of the gluten-free diet
- **Rootin' for no gluten** — keep a gluten-free kitchen, decipher food labels, make nutrition your mission, and find cooking and baking tips you can't be without
- **Good morning, sunshine** — start the day the gluten-free way with everything from gluten-free granola and perfect pancakes to eggs in a bread basket and simple, stylin' smoothies
- **Apps are a snap** — prepare crowd-pleasing appetizers, like artichoke and spinach dip, Cajun-stuffed mushrooms, mango salsa, guacamole, and more
- **The main event** — make mouth-watering gluten-free mains, whether you're a meat-eater, fish fanatic, or virtuous vegan or vegetarian

Open the book and find:

- Guidance on making the switch – without losing your mind
- The do's and don'ts of gluten-free living
- The benefits of living the gluten-free lifestyle
- Tips for shopping the gluten-free way
- Ways to lose the gluten but keep the baked goods
- How to keep kids happy on a gluten-free diet
- Gluten-free recipes for every meal of the day, plus desserts, sides, and snacks

Users Review

From reader reviews:

Anthony Pisano:

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Bessie Barrett:

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