



Wheat-Free Recipes & Menus : Delicious Dining Without Wheat or Gluten

Carol Fenster

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An award-winning cookbook featuring nearly 300 wheat-free and gluten-free recipes that can be made without dairy, as well. Perfect for people with food allergies & intolerances, celiac disease, autism (gluten-free/casein-free diet), auto-immune diseases, and blood-type diets (especially Type O diets). An extensive appendix guides you in making substitutes in your own recipes and how to recognize hidden sources of wheat and gluten. A must-have cookbook for anyone with wheat or gluten sensitivities.

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