



## Gluten-Free and Family Friendly: Gluten-Free, Family-Approved Recipes to Please Your Palate - And Your Budget! (Paperback)

By Carrie L Willard

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. I made your peanut butter cookies recipe today. Let s just put it this way: they re gone. MUNCH: D - Sally, Are you new to a gluten-free diet and find yourself overwhelmed with the prospect of feeding your family? Carrie Willard understands. Her family of 9 is on a restricted diet due to gluten sensitivity. This cookbook features her own family s favorite, everyday simple meals that don t require strange or obscure ingredients that will not only break your grocery budget but may have odd flavors or textures that will be rejected by your little ones. Whether you re going gluten-free due to your own dietary experiments or confirmed lab tests, you ll find simple, quick ideas for breakfast, lunch and dinner, as well as dozens of ideas on how to make the changes in your diet without feeling stressed or spending a ton of money. Forget about overpriced, pre-packaged gluten-free products in stores that may disappoint you anyway. More features of Gluten-Free and Family Friendly: Ideas for cooking shortcuts so you won t spend all day...

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