



Student's Gluten-Free Cookbook For Dummies

Nancy McEachern

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The easy, delicious, and nutritious way for students to eat gluten-free

At least 3 million Americans are affected by celiac disease, and as awareness of this genetic disorder grows, more people are adopting the required gluten-free lifestyle. *Student's Gluten-Free Cookbook For Dummies* is a perfect resource, featuring cooking and nutritional advice along with dishes that are tasty and simple for young adults to prepare using low-cost and easy-to-obtain ingredients.

Student's Gluten-Free Cookbook For Dummies shows you how to cook classic college meals such as pizza and pasta ... gluten-free. It tailors the information and recipes to your needs, considering time, cooking expertise, budget, and unconventional cooking methods. The book includes a brief explanation of gluten and the benefits of living without it, tips on reading labels and budgeting, and more than 160 recipes outlining the ingredients, cooking time (emphasizing any shortcuts), cost, and easy-to-follow directions. The recipes cover the categories of breakfast, lunch, dinner, dessert (including the challenge of gluten-free baking), easy-on-the-go snacks, and gluten-free entertainment food. This title includes dishes that can be assembled in about 5 minutes, microwave meals, tips for breathing new life into leftovers, and fancy meals to impress friends and family.

- Features a wide variety of more than 160 healthy and hearty gluten-free recipes for every meal of the day
- Includes easy on-the-go snacks, food that can be assembled in about five minutes, meals to impress, and much more
- Recipes allow for a limited variety of appliances and space available to students

Thanks to *Student's Gluten-Free Cookbook For Dummies*, students who choose a gluten-free lifestyle, either for health reasons or simply by choice, can still enjoy delicious dishes that can be prepared quickly and easily.

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