

Making Everything Easier!™

2nd Edition

Living Gluten-Free FOR **DUMMIES®**

Learn to:

- Decide whether adopting a gluten-free lifestyle is the right choice for you
- Recognize medical conditions that benefit from a gluten-free diet
- Decipher food labels and make smart choices when eating out
- Live a healthy, happy, gluten-free lifestyle

Danna Korn

*Leading authority on the gluten-free diet and
co-author of Gluten-Free Cooking For Dummies*



Living Gluten Free For Dummies

The Experts at Dummies



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it to the table without a complicated ingredient list or a lengthy wait Fenster emphasizes the necessity of planned overs not left overs that creatively use elements of one meal in the preparation of another whether it becomes an ingredient the next day the next week or the next month Recipes for make ahead baking mixes and techniques to shorten baking times means cooks stay on track And her comprehensive menu plans and ideas help pull together a week s worth of meals with ease Fenster s simple but delicious recipes include favorites like hearty breads pizzas and pasta In less time than ever before gluten free cooks can whip up homestyle entr es and side dishes tasty breakfasts and elegant desserts for every meal of the day every day of the week

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