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Since the advent of sport athletes have worked to gain an edge on their competition to look feel and perform their best through both training and nutrition Today science is increasingly showing the negative impact that gluten a protein in wheat barley and rye can have on health For the estimated 30 million Americans with forms of gluten intolerance such as celiac disease this all too common protein can cause gastrointestinal trouble inflammation muscle fatigue and mental fog that hinder an active lifestyle and negatively impact athletic performance The solution a whole foods nutrient dense gluten free diet Others who voluntarily eat gluten free can also discover an edge they never knew was missing faster recovery reduced inflammation improved digestion and increased athletic performance The Gluten Free Edge is the first comprehensive resource that includes What gluten is and how it negatively impacts health and athletic performance The myriad benefits of adopting a gluten free nutrition plan What to eat during training competition and recovery How to deal with group meals eating on the road and getting glutened Insights from prominent athletes already living the gluten free edge And 50 simple high octane recipes to fuel your performance Whether you ve been diagnosed with gluten intolerance or simply want to get ahead of the competition this book is for you Your own gluten free edge is waiting **Quick and Easy Gluten Free Instant Pot Cookbook** Jane Bonacci, Sara De Leeuw, 2023-01-24

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recipes for traditional dishes such as casseroles vegetables soups and tasty treats for celiac children and adults alike With updated expanded lists of suppliers and celiac organizations More from the Gluten free Gourmet is a superb guidebook to fine dining and the best of health for gluten sensitive individuals as praised by Betty Bernard M D associate professor of pediatrics at the University of Southern California

The Perfect Pie America's Test Kitchen,2019-09-10 Get the dough rolling and perfect your pie making skills to bake beautiful foolproof versions of the corner bakery classics and French patisserie favorites plus a host of whimsical modern pies and tarts of all kinds like sky high meringue pies uniquely flavored fruit pies with intricate lattice woven tops and lush elegant tarts The Perfect Pie is the definitive guide to gorgeous pies and tarts Maybe you want to master homespun pies that celebrate seasonal produce or get creative with pastry encased canvases for modern flavor profiles No matter your pie preference this collection will inspire you to bake We've tested our way to the best techniques for building foolproof bakery quality pies from the crust up Learn how to create the flakiest pie crust from dough that's a breeze to roll Become the expert in classics like Sweet Cherry Pie and also wow with pies that show off interesting flavors like Blueberry Earl Grey Pie tea is infused into the filling and an adorning glaze or Browned Butter Butternut Squash Pie with Sage Make meringues that don't weep or fruit filling for Deep Dish Apple Pie that doesn't shrink under the tall standing top crust Discover the world of tarts like Chocolate Hazelnut Raspberry Mousse Tart with looks that deceive its simplicity we top crispy store bought puff pastry with a quick mousse sleek sesame brittle decorated Chocolate Tahini Tart and rustic galettes When you're ready to up your game learn to design intricate pie tops think braided edges for Pecan Pie a herringbone lattice pattern for Ginger Plum Pie creative cutouts for Apricot Vanilla Bean and Cardamom Pie and candied peanut clusters for Peanut Butter and Concord Grape Pie fashion pies big slab pies for a crowd and small muffin tin pies jar pies and pie pops and use ingredients you never thought to put in pie like husk cherries or rose water

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