



Good Housekeeping Easy Gluten-Free!: Healthy and Delicious Recipes for Every Meal

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Going gluten-free is easy, thanks to *Good Housekeeping's* user-friendly and enticing new cookbook. It takes the challenge out of preparing tasty dishes for every meal. In addition to mouthwatering recipes for Morning Glory Muffins, Spaghetti Squash "Pasta" Puttanesca, and Flourless Chocolate-Hazelnut Cake, this collection contains a wealth of information on how to eliminate gluten from your diet. It helps you tell if you may benefit from a gluten-free diet; shop for, and cook with, readily available gluten-free ingredients; avoid hidden gluten in packaged foods and pantry staples; and prepare favorite foods... minus the gluten. With yummy dishes like Oven-Baked Macaroni and Cheese and Chicken Tikka Masala, you'll almost forget you're eating gluten-free!

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