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*Paula Patterson, Moore Jacqueline*

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**Gluten Free Recipes: Gluten Free Diet and Gluten Free Vegan** Paula Patterson, Moore Jacqueline

Gluten Free Recipes: Gluten Free Diet and Gluten Free Vegan The Gluten Free Recipes book contains two different gluten free diet plans with the Gluten Free Vegan and the Gluten Free Cookbook. Each of the diet plans features one vital thing in common, that the recipes are all gluten free. The vegan section offers choices for vegans and vegetarians and the gluten free cookbook offers recipes for those who enjoy eating meat as well. If you have a gluten allergy or intolerance, you will have a selection of good recipes readily available in the Gluten Free Recipes book. The first section of the Gluten Free Recipes book features the Gluten Free Vegan with these categories: Celiac Disease, Vegan Lifestyle and Diet, Gluten Free Vegan Alternative Ingredients, Gluten Free Vegan Recipes, Snacks, Main Dishes, Side Dishes, Desserts, Soups, Raw Foods, Seasonal Favorites and Drinks, Gluten Free Vegan Staples for the Pantry, Health Concerns of a Vegan Gluten Free Diet, Gluten Free Vegan Conclusion, Vegan FAQ's, Gluten Free FAQ's, and Gluten Free Vegan in Summary. A sampling of the included recipes are: Vegan Cocoa, Bacon - Sort of, Potato, squash and Apple Soup, Hearty Mexican Soup, Banana Nut Bread, and Creamy Apple Tapioca. The second section of the Gluten Free Recipes book features the Gluten Free Cookbook with these categories: Main Dish Gluten Free Recipes, Health Challenges in Our World, Side Dishes and Vegetables, Appetizers and Snacks, Tips on Snackable Treats, Gluten Free Conserves and Relishes, Gluten Free Desserts, Yes They Can Be Healthy, Gluten Free Tips for Fun Kid Foods, Crock Pot Cookery and Gluten Free, Tips on Living Gluten Free, References and Credits. A sampling of the included recipes are: Gluten Free Chocolate Cake, Raw Salsa, Garlic and Parmesan Chicken Wings, Heart Healthy Spinach Side Salad, and Winter Squash in Brown Butter and Parsley.

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