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Gluten is a protein that is found in wheat, rye, and barley. There are many reasons people avoid gluten, including wheat allergy, gluten sensitivity, and the more serious Celiac disease.

Cutting gluten out of your diet? That s no reason to deprive yourself of flavor and variety. Going gluten-free may sound awfully limiting, but there are plenty of delicious options, many more than the forbidden foods. The wonderful recipes in this book will show you new ways to prepare old favorites like pizza, cookies, and casseroles without a speck of gluten.

With this cookbook, you are covered for a gluten-free breakfast, lunch, dinner, and dessert. Nobody has to be on a special diet to love these delicious dishes:

Grilled Fish Tacos

Cajun Chicken and Rice

Cheese Grits with Chiles & Bacon

Ham and Potato Pancakes

Turkey Piccata

Almond Flour Pound Cake

Flourless Peanut Butter Cookies

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