



Gluten-Free Girl: How I Found the Food That Loves Me Back...And How You Can Too

Shauna James Ahern

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A delightful memoir of learning to eat superbly while remaining gluten free.

—*Newsweek* magazine

""Give yourself a treat! *Gluten-Free Girl* offers delectable tips on dining and living with zest—gluten-free. This is a story for anyone who is interested in changing his or her life from the inside out!""

—Alice Bast, executive director National Foundation for Celiac Awareness

""Shauna's food, the ignition of healthy with delicious, explodes with flavor—proof positive that people who choose to eat gluten-free can do it with passion, perfection, and power.""

—John La Puma, MD, *New York Times* bestselling co-author of *The RealAge Diet* and *Cooking the RealAge Way*

""A breakthrough first book by a gifted writer not at all what I expected from a story about living with celiac disease. Foodies everywhere will love this book. Celiacs will make it their bible.""

—Linda Carucci, author of *Cooking School Secrets for Real World Cooks* and IACP Cooking Teacher of the Year, 2002

An entire generation was raised to believe that cooking meant opening a box, ripping off the plastic wrap, adding water, or popping it in the microwave. *Gluten-Free Girl*, with its gluten-free healthful approach, seeks to bring a love of eating back to our diets. Living gluten-free means having to give up traditional bread, beer, pasta, as well as the foods where gluten likes to hide—such as store-bought ice cream, chocolate bars, even nuts that might have been dusted with flour. However, *Gluten-Free Girl* shows readers how to say yes to the foods they *can* eat. Written by award-winning blogger Shauna James, who became interested in food once she was diagnosed with celiac disease and went gluten-free, *Gluten-Free Girl* is filled with funny accounts of the author's own life including wholesome, delicious recipes, this book will guide readers to the simple pleasures of real, healthful food. Includes dozens of recipes like salmon with blackberry sauce, sorghum bread, and lemon olive oil cookies as well as resources for those living gluten-free.

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Clementine Frazier:

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Johnny Powers:

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Susan Dixon:

Exactly why? Because this Gluten-Free Girl: How I Found the Food That Loves Me Back...And How You Can Too is an unordinary book that the inside of the book waiting for you to snap the item but latter it will distress you with the secret the idea inside. Reading this book adjacent to it was fantastic author who all write the book in such awesome way makes the content within easier to understand, entertaining method but still convey the meaning fully. So , it is good for you for not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of positive aspects than the other book get such as help improving your skill and your critical thinking technique. So , still want to hold off having that book? If I have been you I will go to the publication store hurriedly.

Ruth Haddock:

Within this era which is the greater man or who has ability to do something more are more precious than other. Do you want to become one of it? It is just simple approach to have that. What you have to do is just spending your time almost no but quite enough to possess a look at some books. Among the books in the top record in your reading list is actually Gluten-Free Girl: How I Found the Food That Loves Me Back...And How You Can Too. This book which can be qualified as The Hungry Inclines can get you closer in getting precious person. By looking upwards and review this book you can get many advantages.

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