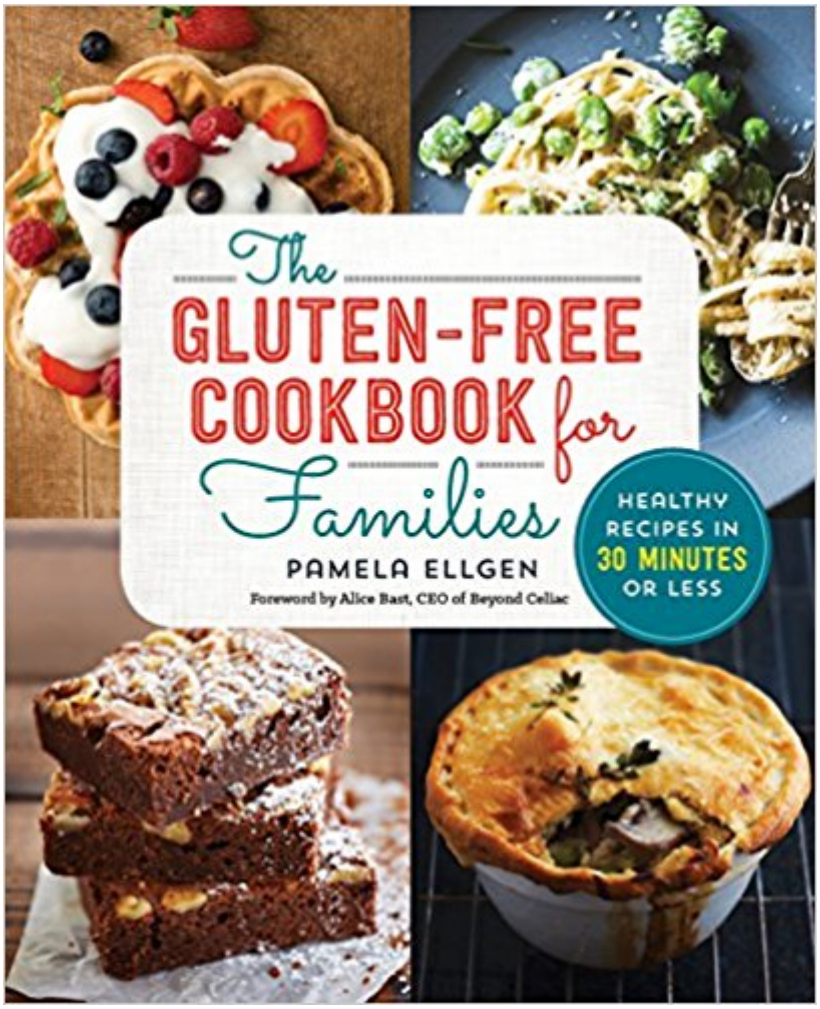
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The Gluten Free Cookbook For Families: Healthy Recipes In 30 Minutes Or Less



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Synopsis

A veteran of the gluten-free diet, Pamela takes the mystery out of gluten-free cooking and infuses it with flavor.Ã¢â ¬â •Alice Bast, CEO of Beyond CeliacCooking for a family with varying dietary restrictions can be a challengeÃ¢â ¬â ¢especially if one of the restrictions is gluten, which is in many of our favorite foods. ItÃ¢â ¬â„¢s easy to find yourself cooking one thing for your gluten-free eater and another for everyone else. And itÃ¢â ¬â„¢s even easier to find yourself giving in to those expensive, processed foods in the gluten-free aisle of your grocery store.Pamela Ellgen is all too familiar with this story. As a wife and the mother of two boys, one of whom eats a gluten-free diet, she knows firsthand the stress that comes with cooking for multiple diets. As a food blogger, certified personal trainer, and author of the bestselling Healthy Slow Cooker Cookbook, she knows that for every dietary restriction thereÃ¢â ¬â„¢s the perfect dietary solution. In The Gluten-Free Cookbook for Families Pamela shares her family-friendly gluten-free solutions with you! Enjoy the simple, healthy, budget-friendly recipes in this gluten-free cookbook that meet your gluten-free eaterÃ¢â ¬â„¢s dietary needs while meeting everyoneÃ¢â ¬â„¢s craving for scrumptious home cooking. No time? No worries! The recipes in this gluten-free cookbook can be made in 30 minutes or less. From breakfast, lunch, and dinner to sides, sauces, and snacksÃ¢â ¬â ¢youÃ¢â ¬â„¢ll never be without options with 150 tasty gluten-free recipes to choose from. Where thereÃ¢â ¬â„¢s one dietary restriction thereÃ¢â ¬â„¢s likely more. This gluten-free cookbook provides multiple substitutions for avoiding the Big 8 allergens. Nearly all recipes can be made with your basic kitchen appliances using everyday ingredients. Special recipes that require ingredients that are more expensive than others, but worth is for special occasions, are clearly labeled Ã¢â ¬Å“Splurge-Worthy.Ã¢â ¬Â• The Gluten-Free Cookbook for Families is your essential resource for serving quick, healthy, affordable, gluten-free meals that offer the variety and flavors your family will love.

Book Information

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Customer Reviews

Being gluten-intolerant and following a strictly gluten-free diet for years, I absolutely love PamelaÃ¢â ¬â„¢s cookbook, because she concocts simple, efficient recipes that are NATURALLY gluten-freeÃ¢â ¬â •meaning they donÃ¢â ¬â„¢t contain the excessive sugar and processing you see in so many gluten-free foods. Even my non-gluten-free family members love the recipes! Ã¢â ¬â •Christina Lee Schmohl, CEO & Founder, The Clean Method magazineThis book truly speaks to the growing need of quick, gluten-free meals. You can satisfy everyone in just one dish, and I drooled over the nutrient-rich recipes. ItÃ¢â ¬â„¢s a treat to have this cookbook as a go-to gluten-free resource.Ã¢â ¬â •Emily Turner, Creator of Gluten Free With EmilyA veteran of the gluten-free diet, Pamela takes the mystery out of gluten-free cooking and infuses it with flavor.Ã¢â ¬â •Alice Bast, CEO of Beyond Celiac"There's no need to be a parent (or even follow a gluten-free diet) to find inspiration in Pamela Ellgen's latest, a collection of crowd-pleasing gluten-free recipes. With a focus on wholesome, easy-to-prepare dishes, it's an excellent tool for busy cooks of all stripes."Ã¢â ¬â •Nicole Perry, author of the blog A Modest Feast

PAMELA ELLGEN is a food blogger, certified personal trainer, and author of several books on cooking, nutrition, and fitness, including Sheet Pan Paleo and the bestselling Healthy Slow Cooker Cookbook. Her work has been published in Huffington Post, LIVESTRONG, Darling magazine, and Spinning.com. She lives in California with her husband and two sons. When she's not in the kitchen, she enjoys practicing yoga, surfing, and exploring the local farmers' market.ALICE BAST is the founder and CEO of Beyond Celiac, a national patient advocacy organization dedicated to serving people with celiac disease. Diagnosed after a decade-long search for answers to her life-interrupting symptoms, Bast founded Beyond Celiac in 2003, then known as the National Foundation for Celiac Awareness, to ensure that others did not suffer for years without answers the way she did. Today, Beyond Celiac serves over 2 million people through its robust social media presence and comprehensive website, www.BeyondCeliac.org.

I have looked for so long to find a way to make Gluten Free taste good to my children (age range 1-12) Gluten allergies and Dairy allergies are something new for us. When our cook book arrived, I had my older two boys each pick one recipe to try. They thumbed through for quite some time before finding a recipe they thought they could "maybe choke down without gagging." Their final selections were Chicken Alfredo Pizza and BBQ Tofu burgers. I was shocked at their choice of the Tofu Burger. I told them it would be a gluten free bun. Something they had referred to as a "fake" bun on many occasions. We went shopping for our two dinners. Of course, we had the Pizza first. That was a lot of work but oh so delicious. Luckily, I requested they make a couple extra just in case. We ended up eating all 4 pizzas. It was so darn good! After success on night 1, I prepared for the worst on night 2. Tofu burgers. for real. we prepared, baked and sat down at the table to eat our Burgers. My husband and I had a plan B just in case. We watched the baby take her first bite. She chewed slowly. then took another bite. She wasn't sure on the texture.But she ate the whole burger. As she was eating, we watched our 3 year old. He told us how much it didn't look like a burger. He told us how he hates the special bun. He told us how yucky "gooden fwee" is. When he finally took a bite and was able to taste it, he decided he liked it. He even asked for another patty. Silly boy. The big boys, however, didn't like the tofu. They did like the gluten Free buns we purchased. We are excited to have a new cookbook in our home with recipes we can enjoy.One of my favorite things about this cookbook is Chapter 1. The author explains what exactly Gluten free is and why it is important. There is a section that covers other common food sensitivities. The Microbiome and other Digestive health is talked about as well. This cookbook has really helped us to understand our food sensitivities and the importance of monitoring the food we eat. Do you know why probiotics and prebiotics are important? Do you know what probiotics and prebiotics are? I know I didn't. I read about all this in our cookbook. I also wasn't sure how to substitute or what to use as a substitute in our favorite recipes at home. You can read all about how this and more in this wonderful Gluten Free cookbook. As a busy Mom of four, I have even figured out how to balance time and make small lifestyle changes to fit our new GF way of living.I am so excited to share this cookbook with my friends and family. I hope you are, too.

This book is Amazing! I love the time the author put into giving details on being gluten free. Not just recipes that are easy to follow and delicious but also how to shop, what to look for, even offering side choices when planning your meals. My daughter is NCGS but preparing dinners for a family of 6 when at least half of them are extremely picking can be overwhelming. This book has taking a lot of the anxiety out of my shopping and preparing meals for my entire family. Thank you Pamela

Ellgen!!!

Was a gift for a friend who prefers to eat Gluten free, they really seem to like and use it.

Lots of great ideas. Pictures helped a lot.Fun and different.

I have to eat gluten-free. This cookbook is creative within those parameters.

Great recipes. Easy to follow.

Ordered this for my daughter. She said it was in great condition. Thank you!

I’v only tried a few recipes so far, but was happy with them.

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