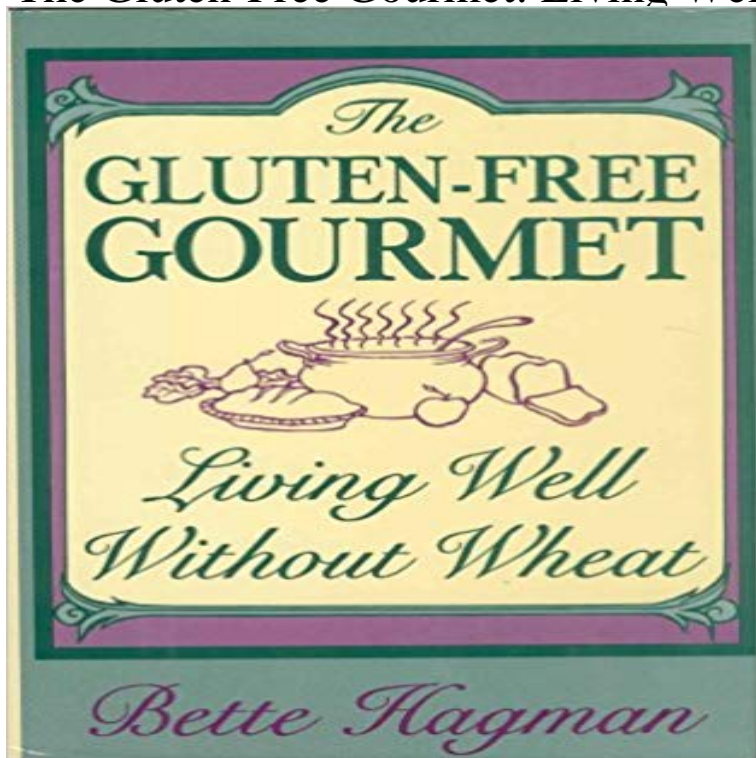


## The Gluten-Free Gourmet: Living Well Without Wheat



There are more than 200 recipes in this impressive book, the result of fifteen years experimentation with a wide variety of gluten-free flours. Many recipes give milk substitutes as well. Mrs Hagman lists foods that are safe for a gluten-free diet and foods that must be avoided. She points out hidden glutes that can be found in food items, prescriptions, or even in the glue on envelope flaps. She supplies a list of companies that make gluten-free foods and flours and that will accept mail and/or phone orders.

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