



# Wheat-Free Recipes and Menus

*Carol Fenster*

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**Wheat-Free Recipes and Menus** Carol Fenster

**Hundreds of delicious, easy, and nutritious recipes and menus for the home cook—all without wheat or gluten**

The millions of people who avoid wheat and gluten due to celiac disease, allergies, or intolerance—or simply to improve their health—know how difficult creating balanced, tasty meals can be. Gluten is found not just in bread, pasta, and cereal, but in unexpected items like cream soups, sauces, and condiments. Preparing a simple, homemade meal without gluten-based products can seem daunting.

Carol Fenster, Ph.D., has been using her expert knowledge and cooking know-how to keep herself and her gluten-free family happy and healthy for over ten years. In *Wheat-Free Recipes and Menus*, Fenster shares her years of experience, explaining how to incorporate new ingredients into down-home, easy to prepare meals, free of wheat but full of taste. Employing easy-to-find substitutes for gluten-based ingredients, Dr. Fenster's meals are rich and flavorful without relying on excess fat and salt. Recipes range from simple snacks to elaborate dinners, and include gluten-free recipes for favorites like breads, pizza, dumplings, and all kinds of baked goods.

Avoiding wheat and gluten no longer means resigning to dietary boredom or risking an unhealthy diet. Dr. Fenster's recipes emphasize fresh, wholesome ingredients and clear instructions that make for fail-proof preparation of mouthwatering, gluten-free meals.

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