Gluten Girl

Shauna James Ahern, Daniel Ahern

Gluten-Free Girl Every Day Shauna James Ahern, Daniel Ahern, 2013-04-15 The author of Gluten-Free Girl and the Chef presents a cookbook for busy people that focuses on gluten-free lifestyles and seasonal vegetables, sharing practical tips for stocking a pantry and baking without gluten while providing a variety of single-pot, stir-fry and dairy-free options.

Gluten-Free Girl Shauna James Ahern, 2009-05-04 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 a 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.

Gluten-Free Girl American Classics Reinvented Shauna James Ahern, Daniel Ahern, 2015 Following the James Beard Award-winning Gluten-Free Girl Every Day, Shauna James Ahern and her husband, Daniel Ahern, have created a collection of comfort-food classics that are all unbelievably and amazingly gluten-free. Cinnamon Rolls with Cream Cheese Frosting, Chicken-Fried Steak, New England Clam Chowder -- the country's most beloved dishes, reinvented. Of course, it wouldn't be true comfort food without dessert, and Shauna aptly provides plenty of delicious recipes for sweets lovers. There's Pecan Pie, Red Velvet Cake, and even a version of those treasured Thin Mint cookies. Shauna and Daniel tested the recipes over and over again, so these dishes are as easy and foolproof as possible for at-home cooks and her thousands of devoted blog followers. --Publisher's description.

Gluten-Free Girl and the Chef Shauna James Ahern, Daniel Ahern, 2012-10-09 The first cookbook from the author of Gluten-Free Girl and Gluten-FreeGirl.com, now in paperback Combining tempting recipes with an authentic love story, Gluten-Free Girl and the Chef is a narrative cookbook for anyone who loves food. A must-have for those who eat gluten-free, this cookbook offers irresistible stories and plenty of mouthwatering meals. From the authors of the much-loved food blog, Gluten-Free Girl and the Chef, the book includes evocative photos, cooking techniques, and 100 chef-tested recipes that are sure to please. Illustrates the working day of a talented chef and what he does to put delicious food on the table Contains great-tasting recipes that everyone can cook and eat Combining a love story and delicious food, this is more than a cookbook, but a story meant to be read cover to cover Gluten-Free Girl and the Chef inspires anyone who has to eat gluten-free to say yes to the delicious possibilities that are still available to them.

Gluten-Free Girl Every Day Shauna James Ahern, Daniel Ahern, 2013-04-30 The James Beard Award-winning, approachable cookbook for home cooks making gluten-free dinner for their families. Shauna Ahern, the author of Gluten-Free Girl and the Chef—named by the New York Times as one of the best cookbooks of 2010—returns with a new cookbook for busy people who still love to cook. It

features food you want to cook every day: fresh, satisfying, and filled with great flavors. The inspired ingredient pairings of these recipes come from the collaboration of Ahern and her husband Danny, a professional chef. Vegetables in season are the key to these healthy, relatively simple recipes, along with whole grains, beans, and a few key spices and homemade sauces. Also included are practical tips on how to stock a gluten-free pantry, as well as helpful insights into how to bake gluten-free. Features 120 gluten-free recipes for weeknight dinners and desserts Includes suggestions for foods that can be made ahead or frozen to make dinnertime easier ·Organized around different types of dinners: Breakfast for Dinner, One-Pot Wonders, Stir Fries, and Breaking Down a Chicken, for example. All the recipes in Gluten-Free Girl Every Day are gluten-free, and many are dairy-free or vegetarian as well. However, the only thing that truly matters is that these dishes are delicious. "The pictures will pull you into the kitchen and Shauna's recipes will keep you there. I love her bold combinations...and their everyday simplicity. That the dishes are gluten-free is the bonus; that they'll please everyone is the gift."—Dorie Greenspan, author of Around My French Table and owner of Beurre & Sel Cookies

Gluten-Free Girl and the Chef,

The Blender Girl Tess Masters, 2014-04-08 The debut cookbook from the powerhouse blogger behind theblendergirl.com, featuring 100 gluten-free, vegan recipes for smoothies, meals, and more made quickly and easily in a blender. What's your perfect blend? On her wildly popular recipe blog, Tess Masters—aka, The Blender Girl—shares easy plant-based recipes that anyone can whip up fast in a blender. Tess's lively, down-to-earth approach has attracted legions of fans looking for quick and fun ways to prepare healthy food. In The Blender Girl, Tess's much-anticipated debut cookbook, she offers 100 whole-food recipes that are gluten-free and vegan, and rely on natural flavors and sweeteners. Many are also raw and nut-, soy-, corn-, and sugar-free. Smoothies, soups, and spreads are a given in a blender cookbook, but this surprisingly versatile collection also includes appetizers, salads, and main dishes with a blended component, like Fresh Spring Rolls with Orange-Almond Sauce, Twisted Caesar Pleaser, Spicy Chickpea Burgers with Portobello Buns and Greens, and I-Love-Veggies! Bake. And even though many of Tess's smoothies and shakes taste like dessert—Apple Pie in a Glass, Raspberry-Lemon Cheesecake, or Tastes-Like-Ice- Cream Kale, anyone?—her actual desserts are out-of this-world good, from Chocolate-Chile Banana Spilly to Flourless Triple-Pecan Mousse Pie and Chai Rice Pudding. Best of all, every recipe can easily be adjusted to your personal taste: add an extra squeeze of this, another handful of that, or leave something out altogetherthese dishes are super forgiving, so you can't mess them up. Details on the benefits of soaking, sprouting, and dehydrating; proper food combining; and eating raw, probiotic-rich, and alkaline ingredients round out this nutrient-dense guide. But you don't have to understand the science of good nutrition to run with The Blender Girl-all you need is a blender and a sense of adventure. So dust off your machine and get ready to find your perfect blend.

The Blender Girl Smoothies Tess Masters,2015-06-30 A beautiful collection of vegan smoothies from powerhouse blogger The Blender Girl, featuring photographs, flavor boosters, and nutritional add-ons for every recipe. The Blender Girl takes smoothies to the next level in this comprehensive guide, helping you blast your way to good health and blended bliss. These 100 creative and delicious recipes are designed to fit your every need, whether you want to detox, lose a few pounds, get energized, or guard against seasonal colds. Each smoothie has three optional boosters (like chia seeds, ginger, coconut oil, or wheat grass) that allow you to ramp up flavor, nutrient value, or both. Featuring gorgeous photography throughout, a smoothie pantry that demystifies unusual ingredients, icons to identify smoothies that fit your particular dietary needs, and strategies for achieving smoothie success, this accessible handbook makes it fun and easy to find your perfect blend.

Cooking for Your Gluten-Free Teen Carlyn Berghoff,Sarah Berghoff McClure,Suzanne Nelson,Nancy Ross Ryan,2013-04-23 100 recipes for teen and family favorites that prove eating gluten-free doesn't meant sacrificing foods, flavor, or convenience. Sarah Berghoff McClure practically grew up in the kitchens of Chicago's historic Berghoff Restaurant, where wheat-filled

German-American favorites such as schnitzels, spaetzles, strudels, and rye bread are staples. When Sarah was diagnosed with Celiac disease, she thought her days of eating her favorite pizzas, pastas, and pastries with her friends were over. Her mother, Carlyn Berghoff, chef/owner of the Berghoff Restaurant, stepped in, and together, she and Sarah began creating gluten-free versions of kid and teen-friendly foods that Sarah could enjoy. Cooking for Your Gluten-Free Teen offers a unique perspective on living gluten-free from not only someone living with gluten-intolerance, but also from a parent who is also a chef, and a doctor, Susan Nelson, who specializes in treating teens and others with Celiac disease. • Carlyn sets up a gluten-free kitchen checklist and gives tips on how the whole family can switch to gluten-free eating and loving it. • Sarah discusses what it's like to grow up with Celiac disease, as well as how to live a healthy gluten-free lifestyle without feeling singled out at parties or when eating out, and without missing out on the foods teens love. • Dr. Nelson discusses the symptoms and diagnosis of Celiac disease and gluten intolerance and tells stories about her patients, who tested and resoundingly approved the recipes in the book. Cooking for Your Gluten-Free Teen is filled with more than 100 recipes and helpful tips on everything from the top foods that gluten-intolerant teens crave, to converting family favorite recipes to make them gluten-free, as well as strategies for packing healthy and delicious lunches and snacks. Straightforward tables and lists of naturally gluten-free foods, gluten-laden foods to avoid, and secret sources of gluten are also included, as is a take-along game plan for kids and adults when they are out and about. With teen and family favorites such as Pizza and Mac 'n' Cheese, Grilled Cheese, Sweet Potato Fries, Almond Streusel Coffee Cake, and more, Cooking for Your Gluten-Free Teen proves that teens and their families don't have to sacrifice to eat gluten free.

Celia and the Glue Man Maggy Williams,2018-09-26 Celia invents the Glue Man to represent her intolerance to wheat gluten and associated suffering from celiac disease as she struggles gainst her dietary restrictions while at school.

Gluten-Free Friends Nancy Patin Falini,2003-01-01 An activity/coloring book to help gluten-free kids understand how to make the right food choices on a gluten-free diet.

The Gluten-Free Table Jilly Lagasse, Jessie Lagasse Swanson, 2012-10-09 The Gluten-Free Table provides a well-balanced base of recipes that can add flavor and enjoyment to the menus of even the most demanding gluten-free eaters. With appetizers, soups, salads, sides, entrees, and desserts, the book has something for everyone! Imagine growing up with a father known for his rich, Creole-style cooking, who instilled a love and appreciation of food from the very start. Now imagine not being able to eat most of his dishes anymore. That's what happened to Jilly and Jessie Lagasse when they were diagnosed with gluten allergies in 2001 and 2004, respectively. So they learned to adjust, changing the ways they cooked, ate, and used ingredients. Featuring family favorites, Southern classics, and a few of Jilly's and Jessie's own culinary anecdotes thrown in, readers will delight in this compendium that includes recipes for Sweet 'n' Sticky Chicken Drumsticks, Hearty Butter Bean and Ham Soup, Jalapeño and Cheddar Cornbread, Slow-Cooked Rosemary Chicken with Apples and Fennel, Maple Syrup Johnnycakes with Ice Cream, and more!

Eat Gluten-Free on \$5 a Day! Gabrielle Sunheart,2012-08-26 From the book series; EAT ON \$5 A DAY! Comes the must-have cookbook companion for anyone on a gluten-free diet and on a tight budget. 101 gluten-free recipes, shopping lists, menu planning, easy ways to save time and over \$10,000 per year! Learn how to use whole foods and Farmers' Market ingredients to make easy breakfasts, lunches, dinners and snacks. Just because you've gone gluten-free does not mean you have to feel ripped-off every time you go to the grocery store! Save money, save time, save your health and lean how-to - MAKE BETTER USE OF YOUR TIME! The last thing any normal human being wants to do after a full day of work/school/taking care of children is clean up a disaster-zone in the kitchen. Gabrielle Sunheart is not a trained chef - None of the dishes in this book require fancy gadgetry, a degree from a cooking school in France, or a zillion mixing bowls. Most of the dishes are one-pot wonders or casserole dishes that are easily adaptable to what you have on hand, easy prepare and QUICK clean-up. This book will show you how inexpensive and easy it can be to enjoy the health benefits of a gluten-free diet. Spend just \$5 a day in food costs without clipping coupons.

\$5 is based on a family of 4. 2 adults and 2 kids. Breakfasts, lunches and dinners, shopping lists, menus - everything you need to get started! Start saving money and start getting healthy at the same time.

Gluten is my Bitch April Peveteaux,2013-05-07 A brutally honest, deliciously irreverent, and "highly entertaining" guide to living a happy, healthy, gluten-free life—with twenty new recipes (New Yorker). As the eighteen million gluten-intolerants and three million celiac disease sufferers in the United States can attest, living gluten-free isn't always easy—nor it is a lot of fun. Good thing author April Peveteaux has at least managed to make it funny. Known to many as the Chelsea Handler of the gluten-free set, April employs her unique sense of humor to provide the perfect guide to navigating a gluten-free life. In addition to her hysterical wisdom, she offers 40 gluten-free comfort food recipes that will make even the most frustrated gluten-intolerant smile with relief.

<u>Aarp Gluten-free Girl and the Chef</u> James Ahern,2011-11-18 The first cookbook from the author of Gluten-Free Girl and GlutenFreeGirl.com Combining tempting recipes with an authentic love story, Gluten-Free Girl and the Chef is a narrative cookbook for anyone who loves food. A must-have for those who need to eat gluten-free, this cookbook offers irresistible stories and plenty of mouthwatering meals. From the authors of the much-loved food blog, Gluten-Free Girl and the Chef, the book includes evocative photos, cooking techniques, and 100 chef-tested recipes that are sure to give joy in the belly. * Illustrates the working day of a talented chef and what he does to put delicious food on the plate * Contains great-tasting recipes that everyone can cook and eat * Meant to be read cover to cover Gluten-Free Girl and the Chef inspires anyone who has to eat gluten-free to say yes to the food he or she can eat.

Celiac and the Beast Erica Dermer,2013-10 This book details the struggle through misdiagnosis after misdiagnosis, the search for answers to what gluten free really means, additional medical issues along with celiac disease, and a connection between her past life of disordered eating to her new medically restricted diet--Back cover.

Nosh on This Lisa Stander-Horel, Tim Horel, 2013-08-27 Cookies, strudels, brownies, pies, cakes, tarts—with the gluten gone. "A lot of fun...one couple's take on getting all the treats without the wheat." -Los Angeles Times National Jewish Book Award Finalist * One of the Oregonian's Best Gluten-Free Cookbooks of the Year * One of Delicious Living's Best Gluten-Free Cookbooks of the Year No treat left behind: This is the promise Lisa Stander-Horel made when her family went glutenfree more than a decade ago. Now Nosh on This presents more than 100 gluten-free recipes inspired by the classics Lisa grew up helping her mother make—and the bakery and store-bought favorites she and her family missed the most. Here are Mom's Marble Chiffon Cake, Black & White Cookies, O'Figginz Bars, and classic holiday treats including Macaroons, Hamantashen, and Big Fat Baked Sufganiyah Jelly Donuts. Bring the nosh back into your life with baked goods that have all the textures and tastes you remember and crave. Even Bubbe will be impressed. Along with every dessert recipe you might desire, Nosh on This also includes: • A Baked Savories chapter, with instant classics like Corn Bread Challah Stuffing • An Out of a Box chapter that shows you how to get the most out of a cake mix • A comprehensive introduction to gluten-free flour (including the Nosh all-purpose blend that can be used in each recipe) and other essential ingredients • Color photographs and valuable tips throughout "A welcome addition to the gluten free baking world." -Publishers Weekly

Small Plates and Sweet Treats Aran Goyoaga,2012-10-23 Trained pastry chef, blogger, and mother of two Aran Goyoaga turned to gluten-free cooking when she and her children were diagnosed with gluten intolerance. Combining the flavors of her childhood in Bilbao, Spain, with unique artistry and the informal elegance of small-plate dining, Aran has sacrificed nothing. Dishes range from soups and salads to savory tarts and stews to her signature desserts. With delicate, flavorful, and naturally gluten-free recipes arranged by season, and the author's gorgeously sunfilled food photography throughout, Small Plates and Sweet Treats will bring the magic of Aran's home to yours. Fans of Cannelle et Vanille, those with gluten allergies, and cookbook enthusiasts looking for something new and special will all be attracted to this breathtaking book.

AARP Allergic Girl Sloane Miller,2012-05-09 AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. AARP Allergic Girl is an indispensable guide for living a full life with food allergies--from an Allergic Girl who lives it. Millions of Americans concerned about adverse reactions to food are seeking the advice of medical professionals and receiving a diagnosis of food allergies. Allergic Girl Sloane Miller, a leading authority on food allergies, has been allergic since childhood. She now lives a full, enjoyable life full of dining out, dating, attending work functions, and traveling. With tested strategies and practical solutions to everyday food allergy concerns, Allergic Girl shows how readers can enjoy their lives too. Informed by personal narratives laced with humor and valuable insights, Allergic Girl is a breakthrough lifestyle guide for food-allergic adults, their families, and loved ones. In Allergic Girl, you will discover: How to find the best allergist and get a correct diagnosis How to create positive relationships with family, friends, and food How to build a safe environment wherever you are Real-world scenarios scripted from the author's life as well her work with clients and other leaders in the field Enjoy your food-allergic life to the fullest. Let Allergic Girl show you how.

The Real Guide to Gluten Lauren R. Hatfield,2017-03-31 This book is an ideal guide for the gluten oppressed and a must-have for anyone just learning the ropes. Its candid and straightforward approach eases navigation of the celiac disease labyrinth, and is also valuable for those who have been battling many years. It contains cheat sheets to take with you to the grocery store (or email to friends and family who have no idea what contains gluten), simple and truly delicious family recipes (not the expensive, complicated, and shoe-tasting recipes included in most gf cookbooks), up-to-date online support, advice on gluten free pregnancy and parenting, as well as personal stories just like yours. You aren't alone!

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