



**Gluten Free & Wheat Free Deliciously Healthy
Cooking For Two the Essential Guide to Gluten
Free Diet Meals for 2 Recipe Cookbook: 50+ Easy
Healthy ... & Gluten Intolerance Cook Books)
(Volume 3)**

Milly White

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Gluten Free Deliciously Healthy Cooking For Two

This **essential guide to gluten free diet meals for two** recipe cookbook has been specially devised for those who:

- want to combine gluten free cooking with tasty healthy eating
- crave easy, exciting recipes perfectly portioned for two
- need simple, fun ways to transform natural food ingredients into great meals.

This **informative book contains over 50 delicious, nourishing recipes** cooked from **wholesome affordable foods** and **scaled down to avoid waste or left-overs** when dining à deux. With Milly's tried & tested recipes, you will find gluten free, healthy & imaginative meal ideas for 2 such as:

- **Satisfying Soups** including *Spicy Lentil & Sweet Potato Soup and Cheese Straws*
- **Tasty Starters & Light Snacks** including *Roasted Mushroom Pâté & Melba Toast*
- **Fresh, Lively Salads** including *Glazed Beets, Walnut & Chèvre Salad*
- **Modern Egg & Cheese Dishes** including *Celeriac & Cheese Soufflés and Sweet Potato & Ricotta Pies*
- **Nourishing Noodle, Pasta, Quinoa & Rice Mains** including *Wild Mushroom, Parsley & Lemon Pasta and Jamaican Jerk Chicken with Quinoa & Peas*
- **Energising Beans, Lentils & Pulses Recipes** including *Pepper Flautas and Chilli & Cornbread Cobbler*
- **Easy, Healthier Puddings & Desserts** including *Plum Flapjack Crisp and Chocolate Orange Cups*.

Photographic Preview & Bonus Gluten Free Giveaway

Click onto the 'Look Inside' button to see a photograph preview of some of these delicious recipes and for details of an exclusive & FREE bonus recipe booklet giveaway.

Each recipe is completely gluten-free and many are also:

- Dairy-Free
- Oat-Free
- Nut-Free
- Vegetarian
- Vegan
- Yeast-Free.

Natural, Nutritious, Fresh Food – And Just Enough For Two!

Many cookbooks feature recipes that provide 4 or 6 servings as standard. For smaller households, preparing delicious meals suitable for two is not as easy as just dividing such recipes by 2 or 3. Firstly, when cooking, you probably don't want a math test at the same time! Secondly, it's often not even that straight-forward, for example, how exactly do you halve an egg? This cookbook eliminates that hard work with **tried and tested gluten free recipes, perfectly scaled to serve two**. You won't have the dilemma of what to do with leftovers, you can still enjoy healthier desserts and you won't have the fridge or cupboards crammed with half-used ingredients.

The Essential Guide for Gluten Free & Healthy Cooking For 2

A gluten free diet is not automatically a healthy diet. Plus, it's essential for anyone who has to avoid gluten for medical reasons that all meals are safely prepared too. So this informative book provides guidance on:

- How to have a safe & stress-free gluten free kitchen
- What to look for on food labels and food allergen labeling
- Sourcing gluten free ingredients
- Safety tips to avoid cross-contamination
- Tips on canny shopping and perfectly sized kitchenware for two.

Milly's recipes are easy-to-follow and simple-to-make. What's more, they are all so delicious and nutritious; you can serve them to anyone, even those who would normally eat gluten. This inspiring, exciting recipe collection will become an essential part of your gluten free kitchen. So click the Buy Now button and let's get cooking together!

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David Baxter:

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