

# Gluten-free but tired of rice?

If you've been told you must avoid gluten, you're probably eating a lot of rice. Boiled rice, rice cakes, rice crackers, rice noodles. ... A diet that seems to be mostly rice, rice, rice and more rice can get pretty boring!

In *Gluten-Free without Rice* you will discover:

- ♦ Other delicious gluten-free grains and grain alternatives including sorghum, teff, millet, quinoa, buckwheat, tapioca, arrowroot and more
- ♦ How to cook easily for your special diet using these grains
- ♦ Tips to save you time and money making your special foods
- ♦ Kitchen appliances that can make your life easier
- ♦ 75 recipes for muffins, crackers, bread, pancakes, waffles, granola, main and side dishes, cookies, and desserts. These recipes are rice-free for those who are allergic to rice.
- ♦ How to make it easier to stay on your diet consistently and improve your health

"This book is a must for cooks at any level to develop both the art and the chemistry of healthy food preparation. A healthy lifestyle requires a nourishing diet containing a wide range of foods. The variety of wonderfully organized recipes displayed in the book counters the monotony of the average gluten-free diet."

- Dr. Nicholas Nonas  
Allergy and Environmental Medicine  
Littleton, Colorado

Nicolette M. Dumke has been cooking for special diets for over 30 years. She holds B.S. degrees in microbiology and medical technology and is the author of several books including *The Ultimate Food Allergy Cookbook and Survival Guide*, *Allergy Cooking with Ease*, *Easy Breadmaking for Special Diets*, and *Easy Cooking for Special Diets*.

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