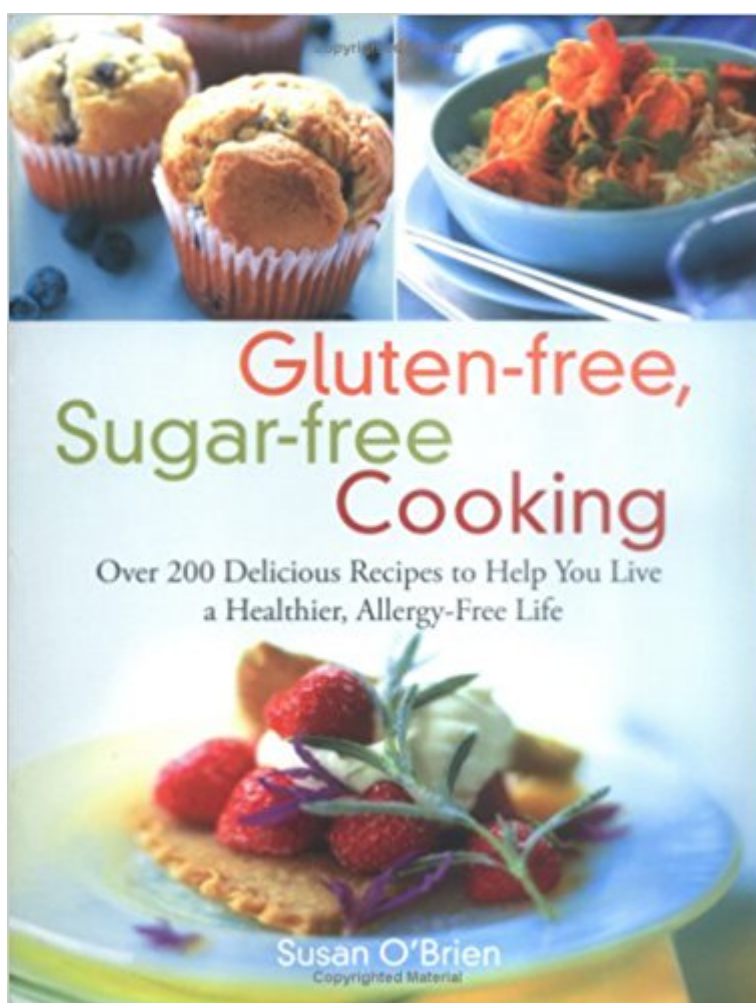


The book was found

Gluten-free, Sugar-free Cooking: Over 200 Delicious Recipes To Help You Live A Healthier, Allergy-Free Life



Synopsis

With millions of people suffering from food allergies, obesity, and generally less-than-perfect health, the connection between how we feel and the food we eat has never been more apparent. Now, in *Gluten-free, Sugar-free Cooking*, gourmet chef and food-allergy sufferer Susan O'Brien offers more than 200 great-tasting recipes – covering everything from breakfast to dessert – that are perfect for people with food allergies as well as for those who simply want to adopt a more healthy way of eating. Free of gluten, sugar, and usually dairy, these tasty dishes are also invaluable for people living with medical conditions such as candida, fibromyalgia, Crohn's disease, diabetes, autism, and ADHD, who must avoid certain foods to better control their symptoms. Complete with product sourcing information, substitute ingredients, dining out advice, and online resources, *Gluten-free, Sugar-free Cooking* makes eating healthfully and avoiding problematic foods easy and delicious.

Book Information

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Customer Reviews

'In the past twenty years of medical practice I have seen hundreds of patients with an apparently simple problem -- they are intolerant of common foods, particularly wheat and sugar. It is a difficult, if not impossible task, for people with food allergies to find tasty, alternative recipes. This book will be a godsend. It is accessible, well-organised and enticing. I give it my highest stamp of approval.'

Dr Robert Rountree 'I highly recommend these recipes to my patients, and not only to anyone with food allergies or diabetes, but also to those who are health-conscious and are looking to use less

refined sweeteners and better quality grains in their diet.' Barb Schiltz, RN, MS, Nutrition Consultant
--This text refers to an alternate Paperback edition.

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Obviously the author does not know the definition of sugar. Agave nectar, syrups (brown rice, maple), honey molasses and fruit sweeteners are ALL sugar. Definitely not good if you are trying to go lo-carb either. Funny that in the nutritional information at the end of each recipe she list everything but the sugar grams. Just because you don't list it does not mean it is not there!!!Very disappointed, and a waste of money.

Gluten-free, Sugar-free Cooking had great reviews so I bought it to see if I could possibly make the switch from wheat-based recipes. I tried two of the recipes the weekend I received the book. It took a lot of time making trips to my favorite grocery and two different health stores to find the required ingredients. These ingredients are expensive! I made the Banana Nut Bread recipe which turned out ok. Nothing to rave about. It wasn't very moist, so it crumbled easily. If I try again, I will difinitely add more banana than called for, and add cinnamon and canola oil. The final product was bland.The Blueberry Muffin recipe was mentioned by the author as being one that her children loved. Her children must not be very picky! These muffins were terrible. Grainy, dry, tasteless. I'm not sure I can figure out how to rescue this recipe.Overall, the information in the book is good and I am not sorry I made the purchase, but I will be sure to add more flavorful items to the next recipes I try.

I hate to give negative reviews, but as soon as I got this I looked in it and there are NO pictures, the only ONE is on the cover. I have to see food before I can get an idea I would like to try it. Sorta like buying a dress you can tell me what it looks like but if I don't see it I will not buy it. Only wish I had

read about it first. But I don't think it says if it has photos.

I gave it 2 stars for the gluten-free recipes, which may be good, but I bought the book for the sugar-free recipes. I'm hypoglycemic, so I was excited to come across a this cookbook. This book uses Agave instead of white sugar. I don't care what you call it...Agave has the same effect on me as sugar. It is not for people who need to live sugar-free! I've tried it several times and it puts me in the up & down roller coaster just like sugar or honey. So I researched it, and indeed it is not for sugar sensitive people and has many undesirable side effects. Stevia does not throw my blood sugar out of wack, and many other non-sugar sweeteners, such as xylitol & Tagatose are truly sugar substitutes. If you are on a sugar-free diet for diabetes, hypoglycemia, or any other reason, this is NOT the book for you, as it seems it is not what we think of when we see the title "sugar free" recipe book...which I would take as a book with recipes that are safe for sugar sensitive people or anyone wanting to avoid the effects of sugar in their diet.

I've only read through the beginning descriptions of ingredients in this book and I am overwhelmed with joy. The wonderful author has broken down and described all of the ingredients. This is amazing for someone who is just starting to look into GF. She describes natural sugar-free sweeteners and their characteristics as well as the GF flours and ingredients. I can't wait to get to the recipes but I already feel enlightened on what ingredients to start putting in my grocery cart.

Some really good recipes in here. Most are easy and the supplies are fairly easy to find.

Plenty of recipes and not difficult to make.

i was so excited to see a cookbook that was gluten free AND sugar free. it's so hard to cook gluten free and watch your weight. i've "ear" marked all the pages for the recipes i'd love to try. i've only made the mexican cornbread, so far. i was hosting a "mexican fiesta" party, and thought i'd try out the recipe. the ingredients when put into a bowl and mixed look absolutely disgusting (i'm not going to lie), but once you bake the corn bread, it's absolutely delicious! you can't even tell it's gluten free. all my friends loved it, and the nice thing was i didn't have much left over! looking forward to trying out the rest!

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