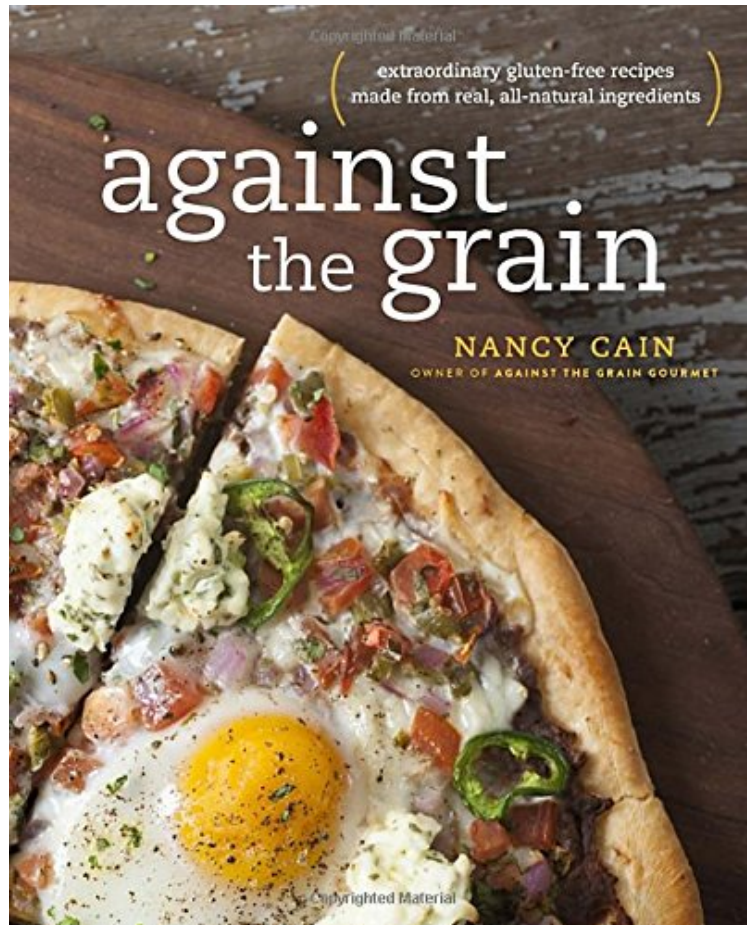


(Ebook free) Against the Grain: Extraordinary Gluten-Free Recipes Made from Real, All-Natural Ingredients

Against the Grain: Extraordinary Gluten-Free Recipes Made from Real, All-Natural Ingredients

Nancy Cain

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#134843 in Books Nancy Cain 2015-02-03 2015-02-03 Original language: English PDF # 1 9.14 x 1.28 x 7.44l, 1.25 #File Name: 0385345550400 pages Against the Grain Extraordinary Gluten Free Recipes Made from Real All Natural Ingredients | File size: 25.Mb

Nancy Cain : Against the Grain: Extraordinary Gluten-Free Recipes Made from Real, All-Natural Ingredients before purchasing it in order to gage whether or not it would be worth my time, and all praised Against the Grain: Extraordinary Gluten-Free Recipes Made from Real, All-Natural Ingredients:

Revolutionary all-natural recipes for gluten-free cooking--from the owner of Against the Grain Gourmet. Nancy Cain came to gluten-free cooking simply enough: Her teenage son was diagnosed with celiac disease. After trying ready-made baking mixes and finding the results rubbery and tasteless, she pioneered gluten-free foods made entirely from natural ingredients--no xanthan or guar gums or other mystery chemical additives allowed. That led her to adapt many

of her family's favorite recipes, including their beloved pizzas, pastas, and more, to this real food technique. In *Against the Grain*, Nancy finally shares 200 groundbreaking recipes for achieving airy, crisp breads, delicious baked goods, and gluten-free main dishes. For any of these cookies, cakes, pies, sandwiches, and casseroles, you use only natural ingredients such as buckwheat flour, brown rice flour, and ripe fruits and vegetables. Whether you're making Potato Rosemary Bread, iced Red Velvet Cupcakes, Lemon-Thyme-Summer Squash Ravioli, or Rainbow Chard and Kalamata Olive Pizza, you'll be able to use ingredients already in your pantry or easily found at your local supermarket. With ample information for gluten-free beginners and 100 colorful photographs, this book is a game changer for gluten-free households everywhere.