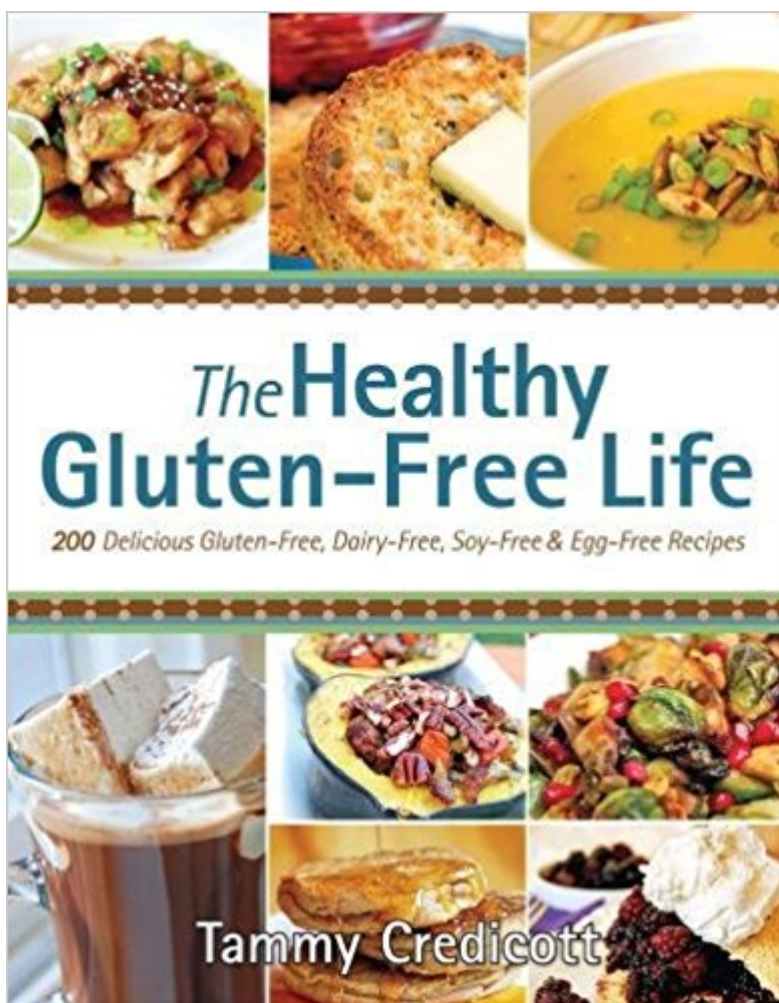


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# The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free And Egg-Free Recipes!



## Synopsis

Warning, this is NOT ANOTHER GLUTEN FREE BAKING BOOK! It's a unique, gluten-free cookbook with everyday recipes that mix simple, home-style cooking with great taste and real, whole food ingredients. Every recipe is not only gluten-free, but also egg free, dairy free, soy free, white rice flour free, and bean flour free. Feel free to cheer! In *The Healthy Gluten Free Life*, Tammy Credicott shows you just how easy and budget-friendly living a healthy, gluten-free life can be. By giving detailed instructions and a host of tips on everything from choosing quality ingredients to techniques on make-ahead meals to save you time down the road, Tammy will inspire you to step back into the kitchen and enjoy cooking again. *The Healthy Gluten Free Life* is filled with over 200 mouth watering recipes for every meal of the day, including breakfasts, snacks, dinners, side dishes, desserts, and more. In addition, each delicious recipe is accompanied by captivating color photographs to help entice you to the final tasty dish. Beyond the recipes, *The Healthy Gluten Free Life* guides you on how to:

- \* Choose flours that work best for you & the recipe you're working with
- \* Replace dairy & eggs in your recipes easily and without fail
- \* Differentiate between the multiple gluten-free flours and starches on the market, giving you the confidence to modify any gluten-free recipe you choose
- \* Create a week's worth of school lunches that your kids will love and not be embarrassed by

Get the taste & texture you remember from your pre-gluten free days with the added health benefits of whole grain flours, limited starches, lower sugar, and real, whole foods! *The Healthy Gluten-Free Life* helps bring your family back to the table, food allergies and all!

## Book Information

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## Customer Reviews

"More and more people are discovering the vitally important fact that reactions to these foods can cause numerous health problems. This wonderful book is about so much more than just avoiding them; it's a practical guide to living life and preparing truly healthy and enjoyable food. I highly recommend it to my patients. Thank you Tammy for creating such a valuable resource." – Dr. Stephen Wangen, author, *Healthier Without Wheat* "If there is one cookbook in my kitchen the whole family uses, it's this one. Tammy has put together easy recipes that make fabulous gluten free/allergy free food. And we all know, it's ALL about the food!" – Nadine Grzeskowiak, RN CEN, [GlutenfreeRN.com](http://GlutenfreeRN.com)

Tammy Credicott is a part-time blogger, full time entrepreneur, the wife of a Celiac (affectionately called The Maniac), and mom to two girls with gluten, dairy, and egg intolerances. And while some of her favorite things include summer vacation, months ending in 'ber', and photography, she finds her passion and enthusiasm for life in her kitchen with her family. Tammy lives in Bend, Oregon, where she created the successful gluten-free, dairy-free, egg-free wholesale bakery, The Celiac Maniac. A self-taught home cook extraordinaire and Food Network junkie, she has transformed her family's health with the creation of simple, healthy allergy friendly recipes that fit their busy lifestyle. And in her spare time, Tammy likes to help her husband, The Maniac, with recipes and photography for his newly published Paleo Magazine, a publication dedicated to a naturally gluten-free lifestyle based on ancestral health science. With this book, Tammy hopes to help guide you in making better, healthier choices in the confusing world of multi-allergen cooking, finally allowing you take control of your family's health and dinner table! Visit [TheHealthyGlutenFreeLife.com](http://TheHealthyGlutenFreeLife.com)

I've used many different gluten free cookbooks since being diagnosed with celiac disease over 20 years ago. Most had a few recipes I liked and many I didn't. What makes The Healthy Gluten-Free Life cookbook unusual is that I've liked every recipe I've tried so far. One of my biggest hurdles has been making the same food, such as chicken, taste different each time I cook it. The sauces, seasonings and dressings that Tammy uses for entrees and salads has helped solve my problem. They are excellent, but not difficult to make. This is not just a gluten free cookbook. Anyone with intolerances to gluten, dairy, soy or eggs will find this cookbook a great help. I've never cooked without eggs and was skeptical about eliminating them from my baked goods. I've made Lemon Poppy Seed cakes, shortcake and snickerdoodles. They were just as good as those made with real eggs. Tammy has included descriptions of flours, starches, sweeteners, oils and fats plus

substitutions for eggs and dairy. Her kitchen tips will help you save time and money. There is also a short list of resources at the end. This book is a feast for the eyes. The pictures will makes you want to run to your kitchen and start cooking immediately. That's what I did and I'm delighted with the results. The only suggestions I have are for the publisher. I found it was difficult to read the fractions in the recipes as they were so small. A larger font would be much easier to see. I would also add an index that was alphabetical. The picture index was nice, but it was by page number so it took too long to find what I wanted.

My 10 year old daughter (who loves sweets) was recently diagnosed with food allergies. These are her allergies: Gluten, dairy, eggs, soy, pineapple, blueberries, cranberries, bananas, broccoli, corn, cabbage, spelt, curry and vanilla. Anybody who has children who have been diagnosed knows how hard this is on kids. Thankfully, there are books like these that make everything better. The pancakes, waffles, english muffins, chocolate chip cookies, brownies are to die for! My kids, husband and friends say they taste delicious. Word of advice, I learned this the hard way. First: Only use Bob's Mill flours and starches except the teff flour which you can get at Teff Co for a great price. I ordered from a different company and had to throw away a batch of cookies and pancakes. Second: Store your flours and starches in the fridge. They can go rancid. Also, the author of this book has a website where you can actually contact her via e-mail and she actually responds. She helped me figure out what was going on with my flours and answered my questions promptly. That is definitely a plus for any newbie. Thank you Tammy and I hope and pray you continue the good work for families like us!

As a long time baker who bakes by weight, I was very disappointed to find in this book, The Healthy Gluten Free Life, that all dry flour and starch ingredients are listed as weighing 120 grams per cup. Obviously this is incorrect; not all dry ingredients weigh the same! For example, the King Arthur flour weight chart lists a cup of potato starch at 152 grams (5 3/8 ounces) per cup. Sorghum flour is 138 grams (4 7/8 oz) per cup. Brown rice flour is 127 grams (4.5 ounces) per cup. These are substantial differences from 120 grams per cup and the recipes do not work using these weights. For example, following the recipe for Celiac Maniac English muffins using weights produced a batter that was liquid instead of dough. This is a serious and annoying flaw in this book that should be corrected.

This is my favorite cookbook and sits on my counter most of the week. I've made many recipes and friends who I've referred this book to have very pleased too. If you have even more allergies

beyond, gluten, dairy, soy and egg, I also can't have processed sugars, yeast, coconut, I found you can easily adapt the recipes trading the flours with a good substitute chart for GF flours and olive oil in place of coconut. Thanks to Tammy for creating a great pancake recipe too from which I've now created my own version that everyone loves, even those without Celiac.

I bought this book solely for the baked good sections. I prefer a balance of paleo and plant based lifestyles, but I have kids. So I thought it would be nice to have some baked options with breakfasts and desserts. Her recipes taste ok. But the batter consistency is horrible. Thick and lumpy when I attempted more than once. And even adjusted. And honestly none of it will cook/bake. It is always going to be gooey. I gave it multiple attempts. Her pictures aren't true to actual form. I would highly research this book and find away to try some recipes out before buying the book. It is getting returned for me. I was very disappointed and the price was not fair. I would suggest Danielle Walker and Diane Sanfilippo for good cookbooks with out the gluten and grains. If you can't do eggs and dairy. Just be ready to bag substitutions completely and go plant based! There are plenty of paleo recipes without eggs. And they don't do dairy either.

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