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The Big Book of Wheat-Free Cooking: Includes Gluten-Free, Dairy-Free, and Reduced Fat Recipes

Antoinette Savill

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Over 150 delicious wheat-free, low-fat and low-sugar recipes from the author of the bestselling Lose Wheat, Lose Weight, for wheat intolerants, people with wheat allergies and anyone looking to cut wheat from their diet while still taking pleasure in their food, proving that wheat-free eating can still be a joyful and unrestrained experience.

The popular diet plan outlined in the topical health bestseller Lose Wheat, Lose Weight showed people that cutting wheat out of their diet could have amazing results – no more bloating, headaches, tiredness or needless weight gain. In The Big Book of Wheat-free Cooking, award-winning cook and food intolerance sufferer Antoinette Savill once again demonstrates that following a wheat-free diet doesn't mean you have to miss out on the pleasures of food!

The mouthwatering range of recipes includes ideas for every occasion: snacks, soups, meat, fish and vegetable dinner dishes, desserts, cakes and breads.

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