



# Deliciously G-Free: Food So Flavorful They'll Never Believe It's Gluten-Free

*Elisabeth Hasselbeck*

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**Deliciously G-Free: Food So Flavorful They'll Never Believe It's Gluten-Free** Elisabeth Hasselbeck  
From the author of *The G-Free Diet* and the co-host of ABC's *The View* comes a vital book about scrumptiously satisfying gluten free food—with easy-to-follow recipes, healthy tips, and full-color photographs throughout—for families managing celiac disease as well as anyone who is concerned about their intake of wheat and other grains.

Growing up in a family where everyone came together at the dinner table, Elisabeth Hasselbeck savored the signature meatball, lasagna, and ziti dishes of her grandmother and great-grandmother, and the pierogies of her father's heritage. But a decade ago, the Emmy Award-winning co-host of *The View*, *New York Times* bestselling author, and mother of three was diagnosed with celiac disease, and the family recipes she grew up with suddenly became strictly off-limits. Or so she thought.

Getting rid of gluten, however, doesn't have to mean giving up taste. *Deliciously G-Free* combines Hasselbeck's knowledge for healthy living and passion for tasty food to bring you 100 delectable, easy-to-make, and family-friendly gluten free recipes. By adding a variety of other ingredients to the fridge and pantry, she's perfected scrumptious gluten free versions of old standards and new creations that would make her relatives proud, including

- **Breakfasts to Remember:** Fried Egg Sandwich with Chipotle Mayo, Coconut Raspberry Muffins, French Toast with Caramel Rum Bananas, Blueberry Waffles, and Frittata
- **All-Star Appetizers:** Pork Pot Stickers, Stuffed Mushrooms, Smoked Salmon on Corn Fritters, Crab Cakes with Homemade Tartar Sauce, and Hot Artichoke Dip
- **Mouthwatering Main Meals:** Excellent Enchiladas with Quinoa Cornbread, Mac and Cheese, Lasagna, Veggie Pad Thai, Chimichurri Flank Steak and Grilled Asparagus, and Buttermilk Chicken
- **Deliciously Irresistible Desserts:** Chocolate Devil's Food Cupcakes, Blueberry-Raspberry Cobbler, Chocolate Chip Cookies, Tiramisu, Yellow Birthday Cake, and Double Chocolate Brownies

Loaded with gorgeous color photos, *Deliciously G-Free* also satisfies your taste buds with ideas for gourmet entertaining, kid-friendly concoctions, cool-weather comfort foods, and "Get Fit" gluten free recipes. Plus, Hasselbeck opens up about her own gluten free journey—from getting diagnosed to getting her family on board—and shares tips for how to stock your kitchen, prevent cross-contamination, and whip up gluten free flour mixes that literally take the cake.

Looking great and feeling good from the inside out is just one *Deliciously G-Free* meal away!

## **Praise for *Deliciously G-Free***

"Fried chicken, brownies, sliders, even spaghetti and meatballs and mile-high lasagna all gluten free? My only complaint about Elisabeth Hasselbeck's *Deliciously G-Free* is that I didn't write it myself. She problem-solves in the tastiest of ways with the most requested recipes of our time—gluten free. Nicely done, blondie!"—**Rachael Ray**

“*Deliciously G-Free* gives you world-class advice on gluten from a world expert on her body. Elisabeth Hasselbeck offers elegant, passionate, and tasty advice everyone will adore.”—**Mehmet Oz, M.D.**

“*Deliciously G-Free* eschews fancy, restaurant-level recipes and acknowledges instead the need for straightforward food for busy people, lovingly prepared.”—***The Oregonian***

*From the Hardcover edition.*

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#### **Joann Hamilton:**

Reading can called mind hangout, why? Because while you are reading a book particularly book entitled Deliciously G-Free: Food So Flavorful They'll Never Believe It's Gluten-Free your thoughts will drift away trough every dimension, wandering in every aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging every single word written in a e-book then become one web form conclusion and explanation that maybe you never get just before. The Deliciously G-Free: Food So Flavorful They'll Never Believe It's Gluten-Free giving you one more experience more than blown away your mind but also giving you useful data for your better life in this era. So now let us present to you the relaxing pattern here is your body and mind will likely be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary investing spare time activity?

#### **Frank Arnett:**

In this era globalization it is important to someone to acquire information. The information will make you to definitely understand the condition of the world. The health of the world makes the information much easier to share. You can find a lot of references to get information example: internet, newspaper, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. The actual book that

recommended to you personally is *Deliciously G-Free: Food So Flavorful They'll Never Believe It's Gluten-Free* this guide consist a lot of the information of the condition of this world now. This particular book was represented how do the world has grown up. The vocabulary styles that writer require to explain it is easy to understand. The particular writer made some research when he makes this book. Here is why this book acceptable all of you.

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