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The Gluten-Free Almond Flour Cookbook: Breakfasts, Entrees, and More

Elana Amsterdam

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The prevalence of celiac disease and gluten sensitivity among millions of adults and children has created the need for gluten-free recipes that are as nutritious and tasty as their traditional counterparts. Popular food blogger Elana Amsterdam offers ninety-nine family-friendly classics–from Pancakes to Eggplant Parmesan to Chocolate Cake–that feature her gluten-free ingredient of choice, almond flour. Because these recipes are low glycemic, low in cholesterol and dairy, and high in protein and fiber, they are also ideal for people with diabetes, obesity, and high cholesterol.

So whether you're looking for a quick breakfast treat, a comfort food entrée, or a showstopping dessert, *The Gluten-Free Almond Flour Cookbook* proves that gluten-free cooking can mean healthy eating for everyone.

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