



Gluten-Free Makeovers: Over 175 Recipes - from Family Favorites to Gourmet Goodies - Made Deliciously Wheat-free

By Beth Hillson

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Gluten-Free Makeovers: Over 175 Recipes - from Family Favorites to Gourmet Goodies - Made Deliciously Wheat-free, Beth Hillson, When Beth Hillson was diagnosed with celiac disease more than thirty years ago, she had nowhere to turn to for recipes or support. She embarked on a lifelong journey to help provide delicious and healthy food to others who cannot have wheat-as many as 1 in 133 Americans, according to recent estimates. In Gluten-Free Makeovers, Hillson makes over some of the most popular recipes-from celeb chef favorites to classic comfort foods, from pot pies to pizza, fig bars to croissants-so wheat-free home cooks can have their cake and eat it too. With chapters dedicated to the gluten-free kitchen, preparation basics, a resource guide on ingredient sources, and supplemental info on gluten-free living, Gluten-Free Makeovers offers inspiring meals for both seasoned and novice chefs alike.



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