



The Gluten-Free Good Health Cookbook: The Delicious Way to Strengthen Your Immune System and Neutralize Inflammation

By Annalise G. Roberts, Claudia Pillow

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The Gluten-Free Good Health Cookbook: The Delicious Way to Strengthen Your Immune System and Neutralize Inflammation By Annalise G. Roberts, Claudia Pillow

From Annalise Roberts, author of the celebrated *Gluten-Free Baking Classics*, and Claudia Pillow, PhD, comes this new full-scale gluten-free cookbook--a breakthrough in healthier eating, featuring 140 great new recipes. *The Gluten-Free Good Health Cookbook* is a true departure from other diet cookbooks--learn how you can make daily decisions that will strengthen your immune system, prevent disease, and help you lose weight by eating real food.

The book includes compelling food choice explanations, guidance, and cooking advice, plus 140 field-tested recipes, including gluten-free roux for Macaroni and Cheese; traditional pan sauce gravies; innovative low-fat sauces and creamy soups; and a comprehensive chapter on the art and science of cooking great-tasting vegetables.

Readers will enjoy a wide selection of flavorful and diverse recipes like Buffalo Meatballs, Roasted Poblano Asiago Soup, Kale with Puttanesca Sauce, Chicken Noodle Gratin, Moroccan Lamb Stew, and more.

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- Sales Rank: #1003708 in Books
- Published on: 2010-02-01
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .80" w x 6.90" l, 1.20 pounds
- Binding: Paperback
- 304 pages



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Editorial Review

Review

“Roberts and Pillow have teamed to create an extraordinary new gluten-free cookbook”.

—Sue Ade, Morris News Service

“This is not a cookbook about an extreme diet change—it’s about balance and flavor and a diet you want to eat for life because its healthful.”

—Linda Hughes, *Gluten Intolerance Group* magazine

“The recipes in this book are fantastic.”

—Shauna James Ahern, "The Gluten-Free Girl"

“This book shows you how to eat smart to protect your health, offering 140 delicious and new recipes.....Annalise Roberts has stepped into a more detailed territory than usual, one which is traveled by many others preceding her, but with her abundant experience in this field and teaming up with her sister, what results is a book unlike others.”

—Tina Turbin, "Gluten Free Help"

“Authors Annalise Roberts and Claudia Pillow, PhD present a complete meal plan that cuts out the wheat to help tame chronic inflammation. The featured recipes take you from breakfast to midnight snack, with everything from buckwheat pancakes to pesto brie pizza with jalapeno peppers.”

—*Whole Living* magazine

From the Author

How is *The Gluten-Free Good Health Cookbook* different from other diet books?

The basic premise of *The Gluten-Free Good Health Cookbook* is that our bodies have changed very little from our Paleolithic ancestors who lived on a hunter-gatherer diet of protein, fat, and complex carbohydrates. However, our modern diet has changed immeasurable, and in fact, half the daily calories for the average American come from wheat and sugar. Not only do these foods create excess acidity in the body, but both these foods produce inflammation, which results in an overactive immune system increasing our risk for autoimmune and chronic diseases, such as cancer, cardiovascular damage, obesity and type-2 diabetes.

The Gluten-Free Good Health Cookbook illustrates why we need to make the change from a diet comprised of primarily acid forming foods, (wheat, sugar, and processed foods) to one that will allow us to balance our body chemistry. We need to learn to plan and cook meals from whole foods- NOT WHOLE WHEAT; whole foods, such as vegetables, fruits, beans, nuts, wild fish, and lean meats usually found around the perimeter of the supermarket. Our book contains a discussion about the art and science of cooking different foods and over a 140 delicious, well-tested recipes to encourage readers to get back into the kitchen.

--from the authors

About the Author

After being diagnosed with celiac disease in 2002, Annalise Roberts devoted herself to developing gluten-free baking recipes that taste just as good (if not better than) their wheat flour counterparts. Her recipes were featured in *Gourmet* magazine in November 2005, and her first book, *Gluten-Free Baking Classics* (Agate Surrey) appeared in May 2006 (an expanded and revised edition was released in September 2008). Her most recent book, *Gluten-Free Baking Classics for the Bread Machine* (Agate Surrey, 2009), is a collection of recipes developed for the Zojirushi bread machine. She works with celiac support groups and teaches gluten-free cooking and baking classes in the New York metropolitan area.

In 2007, Claudia Pillow received her Ph.D. in Health Studies from Texas Women's University. Dr. Pillow lectures about gluten intolerance and teaches gluten-free cooking and baking classes in the Dallas/Fort Worth area. She serves on the board of the Gluten Intolerance Group of North America and is a local resource for the North Texas chapter.

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Thomas Jones:

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Robert Frith:

A lot of people always spent all their free time to vacation or go to the outside with them family members or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity honestly, that is look different you

can read some sort of book. It is really fun for you. If you enjoy the book that you read you can spent 24 hours a day to reading a publication. The book The Gluten-Free Good Health Cookbook: The Delicious Way to Strengthen Your Immune System and Neutralize Inflammation it doesn't matter what good to read. There are a lot of people that recommended this book. They were enjoying reading this book. If you did not have enough space to create this book you can buy typically the e-book. You can m0ore very easily to read this book from your smart phone. The price is not to cover but this book features high quality.

Joseph Mitchell:

This The Gluten-Free Good Health Cookbook: The Delicious Way to Strengthen Your Immune System and Neutralize Inflammation is brand new way for you who has curiosity to look for some information as it relief your hunger associated with. Getting deeper you into it getting knowledge more you know or you who still having little bit of digest in reading this The Gluten-Free Good Health Cookbook: The Delicious Way to Strengthen Your Immune System and Neutralize Inflammation can be the light food for you because the information inside that book is easy to get through anyone. These books create itself in the form which can be reachable by anyone, sure I mean in the e-book web form. People who think that in reserve form make them feel tired even dizzy this publication is the answer. So you cannot find any in reading a reserve especially this one. You can find actually looking for. It should be here for you actually. So , don't miss the item! Just read this e-book type for your better life in addition to knowledge.

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