



Mastering Your Gluten- And Dairy-Free Kitchen: Easy Recipes, Chef'S Tips, And The Best Products For Your Pantry

Chef Einat Mazor

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"If you follow a gluten-free, casein-free diet, this book is for you!"

Ann Whelan, editor/publisher of *Gluten Free Living magazine*

In *Mastering Your Gluten- and Dairy-Free Kitchen*, Einat Mazor, a professional chef and culinary consultant, shares her vast knowledge and delicious recipes, so that those diagnosed with Celiac disease or food sensitivity to wheat, gluten, dairy, and casein can benefit from a quick and delicious diet.

When Einat Mazor's six-year-old daughter was diagnosed with Celiac disease, Einat was determined to put her considerable professional experience to use. She dreamed of creating a diet rich in diverse flavors and textures so her daughter could continue to enjoy food just as she always had. Einat shares her personal story, along with simple and scrumptious recipes in a way that will help guide anyone who needs to change the way they think about food-but doesn't know where to begin.

Einat serves up creative ways to avoid gluten and dairy in a diet, along with advice on building a pantry that is stocked with healthy and safe staples for this lifestyle diet. Each recipe begins with an anecdote and includes clear directions for tasty dishes, including cinnamon french toast, Chinese spring rolls, meatball kabobs, quinoa cookies-and even an amazing birthday cake!

Mastering Your Gluten- and Dairy-Free Kitchen provides valuable information and inspiration for those on a gluten- and dairy-free diet. It is also a valuable resource for parents and caregivers of people with autism, especially those who are attempting to alleviate symptoms through dietary changes.

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Bobby Blade:

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Joe Hessler:

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