



Gluten-Free ASAP: The Shortest Path to Replacing the Breads in Your Life

Tina Hutchinson

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Gluten-Free ASAP has recipes for baked goods, but more importantly, it is a guide to converting recipes you already have. The right information will transform your menu, & you can enjoy the foods you love again. There are a lot of ways food can hurt someone. Celiacs must avoid gluten & sometimes other grains as well to avoid intestinal problems. People with food allergies have completely different physical reactions, but also must avoid the foods completely. Both problems bring reactions that can be life-threatening in some cases, so it is very important to never come in contact with whatever foods they are. The problems compound when the foods you are avoiding are needed for balanced nutrition. The foods that must be avoided are usually common-place to everyone else, & foods that are nutritious. You have to fill the nutrition void somehow. Gluten-Free ASAP can help you do just that. In my quest to solve my own food puzzle in my own family, I spent a great deal of time & effort to create baked goods that are moist and delicious. Many of the products you will find yourself using are a nutritional bonus. Seeing the pricetag on some gluten-free flours can be intimidating when you don't even know what to do with any of them. If you've ever tried to make a gluten-free bread at home with bad results, you might have assumed that bread without gluten can't be good. I know better now, and have found there are no secrets, just good information. Knowing what will or won't work in the first place is key to taking the mystery and guesswork out. Leaving you confident to bake great tasting gluten-free items at home. This means the kids can have PB&Js or grilled cheese sandwiches again. You don't have to learn everything the hard way. Maybe you don't even enjoy cooking or baking, but you find yourself unable to find a gluten-free bread you like at the store. Or, maybe you found something you like a lot in the store, but the price tag is (in my opinion) super-high. Perhaps you never eat sandwiches at all, but you long for cake, cornbread, or cookies! Whatever your issue, Gluten-Free ASAP can help you feel confident in the kitchen.

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