



# The Gluten-Free Vegan: 150 Delicious Gluten-Free, Animal-Free Recipes

*Susan O'Brien*

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Ideal cookbook for many health conditions: *The Gluten-Free Vegan* is a groundbreaking cookbook, combining both special diets for healthier, allergy-free eating. Millions of Americans have health conditions like celiac disease, fibromyalgia, or food allergies that require a gluten- and/or dairy-restricted diet. In addition, going vegetarian/vegan is fast becoming mainstream, and many vegans are also looking to cut gluten from their diet. *The Gluten-Free Vegan* offers solutions for anyone seeking a tasty approach to healthier eating. Quick, easy, and delicious recipes: Written by a food-allergy sufferer and gourmet cook, this collection includes more than 150 healthy recipes for a wide range of dishes that are both gluten-free and vegan. The cookbook also includes guidelines of each dietary restriction, information on sugars, raw foods and organic foods, advice on ingredient preparation, quick-cooking tips, and resources for easily finding ingredients.

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