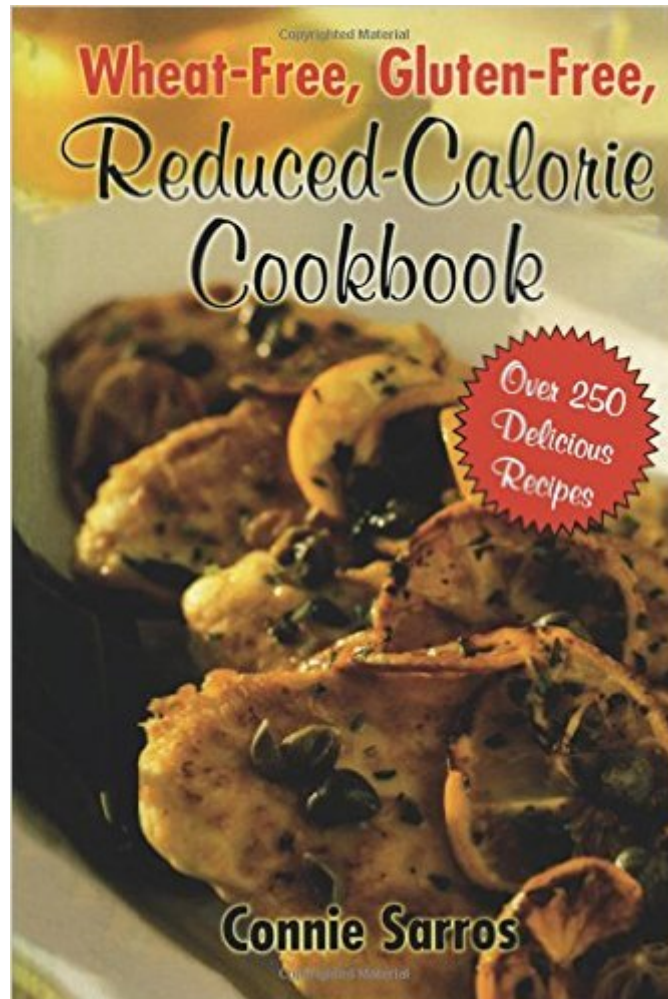


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# Wheat-Free, Gluten-Free Reduced Calorie Cookbook



## Synopsis

Undiagnosed and untreated, celiac disease can cause significant and unhealthy weight loss. Once diagnosed, however, people often pack on excessive pounds as they learn to eat without wheat and gluten. In this unique cookbook, author and celiac expert Connie Sarros shows readers how they can eliminate wheat and gluten from their diets and still stay fit, healthy, and trim.

## Book Information

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #1,557,147 in Books (See Top 100 in Books) #88 in [Books > Health, Fitness & Dieting > Nutrition > Fiber](#) #224 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free](#) #390 in [Books > Cookbooks, Food & Wine > Special Diet > Wheat Free](#)

## Customer Reviews

I have owned this book for about two years, and I use it frequently. The recipes are simple, normal, and mostly delicious. I would recommend it to anyone - Celiac or not. My husband was diagnosed with Celiac three-years ago. Prior to that, I considered myself a gourmet cook. Our whole house went gluten free, and the first year had many disastrous results. After cooking everything gluten-free for three years, I can now, again, claim to be a very good cook. I have a huge library of gluten-free cookbooks - some very good, many not so good. A huge complaint of mine is that most are high in fat, in order to replace the gluten (Some even tell you to not reduce the fat called for in a recipe.) The Reduced Calorie Cookbook has found a way to incorporate taste, and remove a lot of the fat. My thanks to you for a job well done. I should also note that an important addition to the recipes are the nutrition values. Being concerned about healthy eating, this is a must for me that lacks in most gluten-free cookbooks. BRAVO! In my opinion, it is a must to try. I promise you won't be disappointed. Eating gluten-free doesn't have to be eating taste-free.

Connie Sarros has done it again! I now have all the cookbooks in Sarros' Gluten-Free series, and

this one is just as amazing as the others. It's hard to believe these recipes are healthy let alone gluten free! I receive compliments on these recipes all the time and my family prefers to eat gluten-free now! This book is easy-to-read, and provides many useful tips for cooks of all skill ranges.

My search for tasty gluten-free recipes began when I learned that gluten can cause joint pain, which I was experiencing, and brown spots on teeth. I cut way back on my gluten intake (substituting oatmeal flour for wheat and all-purpose white flours) and was very pleasantly surprised when the joint pain stopped. Four stars from me for this book for calorie, cholesterol, fat, etc. information; variety of recipes, and clarity of instructions. I've withheld the fifth star because many of the recipes require what seems to be a rather lengthy list of ingredients; however, that may not bother you. **BOTTOM LINE:** I think it's worth buying.

I am a senior citizen that has been cooking for many, many years. I have just discovered my body doesn't like gluten so much. This cook book is helping me better prepare meals that are right for me.

Finally, a reduced calorie cookbook and it taste great. So far I have only tried a few recipes, but they tasted great that the whole family liked it. I hope to use this cookbook many times in the future.

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