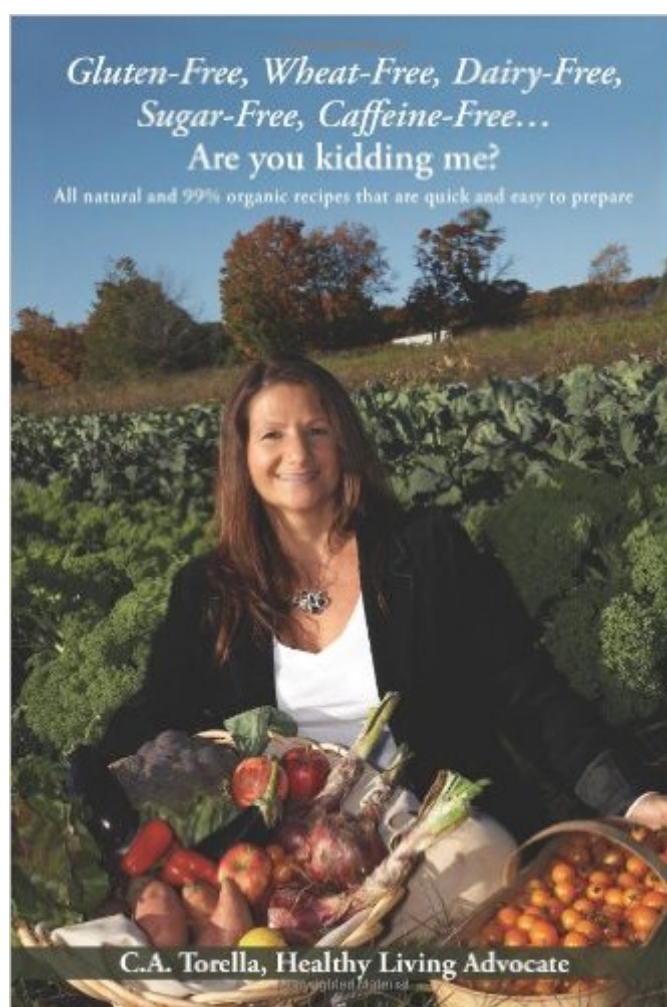


The book was found

# Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free, Caffeine-Free?.Are You Kidding Me?: All Natural And 99% Organic Recipes That Are Quick And Easy To Prepare.



## Synopsis

This cookbook was created out of my own interest and desire to develop tasty, healthy easy to prepare meals and snacks that accommodate all of my sensitivities and allergies. Which means they must be; gluten free, wheat free, dairy free, sugar free, caffeine free, preservative, additive and chemical free. It is overwhelming to be told your regular eating habits have to be altered and many people simply don't have a lot of time to be creative in the kitchen. I found there were not many recipes available to help me with all of the sensitivities I had developed and realized there must be other people like me trying to come up with tasty healthy food to enjoy. I have created several quick and simple recipes that provide very healthy and flavourful dishes. There is a wide variety from snacks to full meals and these dishes are sure to please your family and even impress your friends without being difficult or too costly. Some ingredients may be new and sound foreign but they are surprisingly easy to find and I have provided tips on many recipes that assist with preparation as well as where to locate many of these items.

## Book Information

Paperback: 84 pages

Publisher: iUniverse (December 29, 2008)

Language: English

ISBN-10: 1440109478

ISBN-13: 978-1440109478

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 2.0 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #1,412,649 in Books (See Top 100 in Books) #26 in [Books > Health, Fitness & Dieting > Nutrition > Caffeine](#) #352 in [Books > Cookbooks, Food & Wine > Special Diet > Wheat Free](#) #503 in [Books > Cookbooks, Food & Wine > Cooking Methods > Organic](#)

## Customer Reviews

Yes, unfortunately, you are kidding me. This book is not what it represents itself to be. At least half the recipes have some form of either gluten, dairy, or sugar. It is a big disappointment, poorly researched, and assumes that "evaporated cane juice" is not sugar or Goat's milk is not a dairy food. My biggest objection, as a health professional, is that it is full of misleading and incorrect information (Ezekiel bread contains no wheat, for example.) It also makes little or no distinction as to which are the gluten or non-gluten grains. Definitely not what you are looking for if you are on a

gluten-free, dairy-free, and/or sugar free diet.

I hoped that I had ordered a cookbook for "gluten, dairy and sugar free recipes" for my use recipes had to include all three in each recipe; instead there were recipes for gluten free, recipes for sugar free, recipes for dairy free. Some of the recipes included two items, none included all three items.

Book was okay but small and offered limited ideas. I would suggest others books that provide more information and more menu options.

Just ok

more of a pamphlet than a book

[Download to continue reading...](#)

Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free, Caffeine-Free?.Are you kidding me?: All natural and 99% organic recipes that are quick and easy to prepare. Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included Sugar Gliders: The New Owner's Guide to Sugar Glider Care (Sugar Glider, Sugar Glider Care, Sugar Glider Books, Sugar Glider Facts, Pet Sugar Glider Book 1) Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2) The Caffeine Guide for Better Health: The Benefits of Caffeine to Lose Weight, Get Cut, and Maintain Muscle Mass (caffeine pills, caffeine addiction) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) GLUTEN FREE COOKBOOK: Gluten Free Slow Cooker Recipes: 50 Gut Friendly Wheat Free Meals That Are Ready When You Are (Gluten Free Diet) (Health Wealth & Happiness Book 57)

Gluten Free Recipes: 39 Gluten Free Recipes With Rice, Polenta, Beans And Quinoa Plus Delicious Vegetable Side Dishes To Complete Your Gluten Free Meal-Discover ... Gluten Free Recipes On a Budget Book 6) My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Wheat Free Diet: Lose the belly fat weight loss plan and wheat free recipe cookbook. Ideal diet for wheat, gluten and food allergy sufferers The Gluten-Free Diet Cookbook: 101 Delicious Wheat-Free Recipes Inspired by the Mediterranean Diet (Gluten-free, Gluten-free Cooking) The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Fre Candida: Cleanse Your Body And Cure Candida Forever (Candida, Yeast, Fungi, Gluten Free, Gluten Intolerance, Wheat Free, Wheat, Belly, Grain, Brain, autoimmune, Atkins, celiac) Candida: Cleanse Your Body And Cure Candida Forever (Candida, Yeast, Fungi, Gluten Free, Gluten Intolerance, Wheat Free, Wheat, Belly, Grain, Brain, autoimmune, Atkins, celiac, lyme)

[Dmca](#)