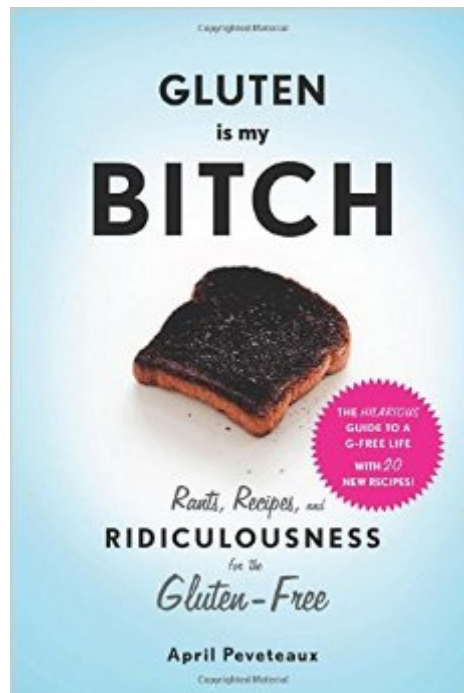


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# Gluten Is My Bitch: Rants, Recipes, And Ridiculousness For The Gluten-Free



## Synopsis

Living gluten-free is not a whole lot of fun, but at least April has managed to make it funny. *Gluten Is My Bitch* is a brutally honest, entertaining look at what living a gluten-free life entails. As an antidote to the tragic news that, no, you will never eat regular donuts again, April provides 40 gluten-free comfort food recipes and a bonus 20 new recipes in the paperback edition that will make even the most frustrated gluten-intolerant smile with relief. In the new paperback, April addresses the challenges of sustaining a gluten-free lifestyle once you've transitioned from the gluten-filled world. With updated resources and brand-new recipes for everyday meals, the paperback offers a complete look at living gluten-free for life.

## Book Information

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## Customer Reviews

I gave it as a gift to my mom for Mother's Day. She is also gluten-free (GF) and kind of a pioneer in GF baking; though the irreverence of this book was definitely pushing the envelope in our mother/son gift-giving relationship, she ended up loving it.

Hysterical. April Peveteaux will make you pee your pants while simultaneously saving you from pooping them. *Gluten is my Bitch* is a must-read for gluten intolerants/anyone looking to cut down on gluten/all humans who appreciate delicious food and laughing while reading things.

I laughed, I cried...and I'm just glad I didn't poop my pants (like the author)! Though filled with laughs on every page, the book is incredibly informative.

I've read many great books about the facts of celiac disease but April hits on how I've felt navigating the gfree life and she does it in hilarious fashion. Thanks April for saying it like it is!

This book expressed how I feel being gluten free...with all of the correct descriptive language, of course. Like the author, I myself am not gluten free by choice--the author's running commentary throughout the book made me laugh and (almost) cry. Ms. Peveteaux put down into words what I have been feeling about being GF for the past year--sort of like a gluten free stream of consciousness. Her frustrations dealing with the gluten ignorant, socializing, or trying to ever actually relax on this impossible diet while traveling to France, struck a chord with me and will with other readers who are trying to live life "normally" and are often exhausted doing so. While the recipes reflect the author's local roots and not necessarily my own, her tips are very helpful (I want to try the gluten free flour sans xantham gum, that sounds good to me). All in all, reading this book is like spending an evening over a glass of wine with a good GF friend who knows exactly how you feel.

This hilarious book is a wonderful guide for not only the gluten-free, but friends and family members of the gluten-free. Celiac and gluten sensitivity runs in my family, and I have several gluten-free friends, which has led me to explore using less gluten in my own kitchen. This bright, funny book is a great resource to learn how to substitute items, how to travel and eat out, and that living gluten-free can be delicious. A must-read!

If you are gluten intolerant or suffer from celiac disease, this is the book for you. It is humorous yet it addresses the seriousness of the disease's. In addition it provides some wonderful advice and recipe's. For a recently diagnosed this book is a must have to start on the road of change. I have purchased a copy of this for three others recently.

There were no books like this around when I was diagnosed just 5 years ago. I felt so lost and alone in the grocery store - just me and my phone. And my resentment. April acknowledges these feelings and tells the truth while making us remember to laugh. This is the first G-F book that says "this sucks, but you WILL get through". I gave up on baking because of the flour mixing; I will try again because the recipes look so great and are simple.

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