



# The Gluten Free Cookbook for Families: Healthy Recipes in 30 Minutes or Less

*Pamela Ellgen*

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*A veteran of the gluten-free diet, Pamela takes the mystery out of gluten-free cooking and infuses it with flavor.*

—Alice Bast, CEO of Beyond Celiac

Cooking for a family with varying dietary restrictions can be a challenge?especially if one of the restrictions is gluten, which is in many of our favorite foods. It's easy to find yourself cooking one thing for your gluten-free eater and another for everyone else. And it's even easier to find yourself giving in to those expensive, processed foods in the gluten-free aisle of your grocery store.

Pamela Ellgen is all too familiar with this story. As a wife and the mother of two boys, one of whom eats a gluten-free diet, she knows firsthand the stress that comes with cooking for multiple diets. As a food blogger, certified personal trainer, and author of the bestselling *Healthy Slow Cooker Cookbook*, she knows that for every dietary restriction there's the perfect dietary solution.

In *The Gluten-Free Cookbook for Families* Pamela shares her family-friendly gluten-free solutions with you! Enjoy the simple, healthy, budget-friendly recipes in this gluten-free cookbook that meet your gluten-free eater's dietary needs while meeting everyone's craving for scrumptious home cooking.

- No time? No worries! The recipes in this gluten-free cookbook can be made in 30 minutes or less.
- From breakfast, lunch, and dinner to sides, sauces, and snacks?you'll never be without options with 150 tasty gluten-free recipes to choose from.
- Where there's one dietary restriction there's likely more. This gluten-free cookbook provides multiple substitutions for avoiding the Big 8 allergens.
- Nearly all recipes can be made with your basic kitchen appliances using everyday ingredients.
- Special recipes that require ingredients that are more expensive than others, but worth is for special occasions, are clearly labeled "Splurge-Worthy."

*The Gluten-Free Cookbook for Families* is your essential resource for serving quick, healthy, affordable, gluten-free meals that offer the variety and flavors your family will love.

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