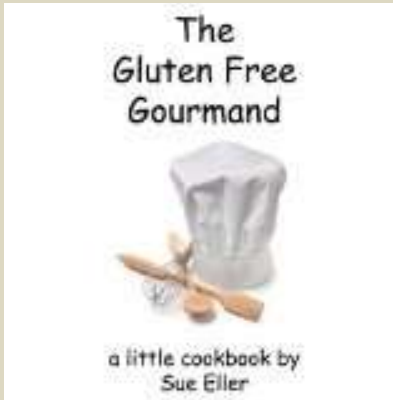


The Gluten Free Gourmand



By Sue Eller

Reviewed by Kate Poitevin

This little cook book is full of easy to make recipes for those of us who can't have wheat. Ms. Eller has taken old favorite comfort food and adapted the recipes for us. She even gives us a basic mix to make them easier and faster.

My favorite so far is the waffles. They are so wonderfully crispy they hold up under the onslaught of syrup and I make extra to use as sandwich bread. The holes are great for holding in the peanut butter and jelly and they don't get soggy by lunchtime.

Many of the recipes are naturally gluten free and make this a one-book resource for your whole meal to satisfy all members of the family.