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Cutting out gluten is a major lifestyle change, but happily, there's no need to write off your favourite foods! Demand for gluten-free foods is growing as more people are diagnosed with coeliac disease and other types of gluten sensitivity. Going gluten-free can trigger a healthy domino effect on your diet. From breads to cookies, cakes to muffins, and some of the tastiest dinners you'll ever dig into, you'll see that they're all still possible to enjoy without the main offenders. There is a fantastic variety of grains and their floury counterparts to explore, and you'll soon see how simple it is to create healthy, delicious gluten-free dishes for yourself! All the delicious recipes are accompanied by gorgeous full colour photographs, making Gluten Free Collected Edition a true kitchen treasure at a bargain price.

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