



Grain-Free Gourmet

Jodi Bager, Jenny Lass

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The ideal cookbook for healthy grain-free eating.

In **Grain-Free Gourmet**, Jenny Lass and Jodi Bager transform recipes for traditional favorites such as lasagna, pizza, cakes, pies, cookies and other classics into grain-free versions that taste exactly like, and are often better than, the originals.


Included are mouthwatering recipes for:

- Parmesan Cheese-stuffed Mushroom Caps
- Seafood Dumpling Soup
- Apple Pancakes
- Megaberry Muffins
- Gourmet Pizza
- Almond Butter Bread
- Coffee Biscotti

The recipes are free of **grains, starches, refined sugars, and lactose**, yet are packed full of flavor. This book offers delicious alternatives for carb- and health-conscious dieters as well as for individuals with **high cholesterol, lactose** and **gluten intolerances**, or **digestive** and **intestinal disorders**.

Each recipe was vetted by a registered dietitian and includes accurate nutritional information. The dishes are tasty and easy to make -- guaranteed to improve health, appeal to taste buds and amaze dinner guests.

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