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Free in the Kitchen: If It Can't Be Fun, It Can't Be Done.....even Without the Gluten

Sallie Powell

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Free in the Kitchen: If It Can't Be Fun, It Can't Be Done.....even Without the Gluten Sallie Powell If it can't be fun, it can't be done--even without the gluten! "Free In the Kitchen" has been written to accompany those who are looking for easy, encouraging, and positive ways to enter and find success in a gluten free life. There is nothing more freeing than being offered a solution to a health issue. Equally as freeing is the ability to navigate through resulting lifestyle changes. After barely eating anything for a year, Sallie and her daughter, Bethany felt trapped in a world without gluten. Today, they are free! The negative has been turned into a positive, and now their kitchens are full of wonderful food options. They no longer live without , but live fully and freely. It is Sallie's hope that you, too, will find newfound freedom as you move into your gluten-free lifestyle. This easy to follow recipe book will offer scrumptious and innovative recipes that will bring back food enjoyment once again. Filled with strikingly beautiful photography, the nostalgia of family will jump off the pages creating the atmosphere in which good food is meant to be shared. Not only is this book helpful to those who have gluten issues, it is also a handbook for friends and relatives of those whose diet excludes gluten. Being a compilation of both new and revised recipes, entertaining gluten free guests is made easy! Since 2012, these tried and true recipes have been aired on WCTV, Tallahassee, Florida's CBS affiliate. Meeting the public through television has been a community service Sallie Powell continues to enjoy. As a result, "Free In the Kitchen" was written to invite others to a positive, fun, and creative gluten free food adventure.

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