



The Gluten-Free Vegetarian Family Cookbook: 150 Healthy Recipes for Meals, Snacks, Sides, Desserts, and More

Susan O'Brien

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When it comes to feeding your family, you want meals that are tasty, nutritious, and easy to prepare. But choosing healthier food options can be a challenge, especially with a special diet, since most store-bought gluten-free and meat-free foods are low in protein and high in simple carbs and sugars. Now, gourmet cook and healthy-eating coach Susan O'Brien has developed easy dishes the whole family can enjoy: 150 breakfasts, soups, salads, entrees, sides, snacks, and desserts made with complex-carb, high-protein ingredients for well-balanced nutrition. Recipes include:

Delightful Teff Waffles
Protein Breakfast Bars
Butternut Squash Bread
Jicama and Fruit Slaw
Sloppy Junes
Teriyaki Tofu Fajitas
Easy Spaghetti Casserole
Stuffed Green Bell Peppers
Cinnamon Buckwheat Crepes with Raspberry Sauce
Best-Ever Orange Oatmeal Cookies
Spicy Black Bean Dip
Parmesan Kale Chips

You'll also find quick-and-easy meals and simple recipes for homemade staples like nondairy milks, nut butters, and even Mock Parmesan cheese. With allergy-friendly and vegan options and kid-approved favorites, *The Gluten-Free Vegetarian Family Cookbook* will help you satisfy your family's tastebuds and support their wellness.

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Christi Potter:

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Karen Martinez:

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