



## Gluten-Free Tips and Tricks for Vegans: All the Fab Food You Thought You Couldn't Eat

*Jo Stepaniak*

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Ease the challenges of being both gluten-free and vegan! Navigating gluten-free dining at home and at restaurants can be especially difficult for vegans because gluten-containing proteins and grains are a common focus of a plant-based diet. In addition, many other vegan foods may be contaminated with gluten during processing or handling. Best-selling vegan cookbook author Jo Stepaniak, who has firsthand experience dealing with multiple food sensitivities, shares over 70 of her favorite recipes and offers valuable tips for eating safely without gluten.

Learn how to prepare delicious gluten-free vegan baked goods, soups, hearty salads, gravies, main dishes (even pizza!), and luscious desserts. Jo explains surefire ways to cook tasty gluten-free whole grains and shows how easy it is to use her special gluten-free flour blend to make muffins, pancakes, and quick breads; moist, light cakes; and rich brownies, cookies, and dessert bars.

*Gluten-Free Tips and Tricks for Vegans* also provides detailed information on the health issues associated with gluten consumption, including strategies to help heal the digestive tract, avoid cross-contamination, and construct a nutritious diet.



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