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Mary Jo Eustace

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Scared Wheatless is a humorous book of recipes on the serious subject of healthy eating. The author, Mary Jo Eustace has been in the culinary world for over 20 years. She's been a tv host, a chef, the author of multiple cookbooks and a memoir on her very public divorce with the Dean McDermott. She's also a mother of two; a daughter with alopecia who needs a restricted diet and a son who thinks healthy food is the pits. Not one to be brought down by a setback, Mary Jo found out everything she could about gluten-free recipes, autoimmune disease and food allergies to help her daughter, herself, and all her friends who were struggling every day to eat food that actually made them feel good after eating it.

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