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*Elizabeth Kain*

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A CAUSE TO CELEBRATE! Gluten-Free Jubilee is a practical guide to gluten-free living designed for everyday use. It's packed with essential information and money-saving coupons. Gluten-Free Jubilee consists of two sections: Fast & Flavorful Recipes and Survival Guide. TASTE MATTERS. Many gluten-free baked goods rely on the same refined flour combinations that lack essential nutrients and are somewhat monotonous in taste. Gluten-Free Jubilee's Fast & Flavorful Recipes section contains directions for a flavorful flour mix you can easily assemble from store-bought gluten-free flours. This nutritious, whole-grain based flour mix forms the basis for the book's quick, easy, delicious recipes, including pancakes, waffles, muffins, biscuits, cornbread, brownies and more. These recipes will revive your taste buds and inspire you to create gluten-free versions of your own tried-and-true favorites. Dairy-free and low-glycemic sweetener variations as well as suggestions on delicious flour substitutions are included. SAVE TIME AND MONEY. Gluten-Free Jubilee's Survival Guide includes over \$13 worth of coupons for gluten-free foods. It also saves you time by streamlining gluten-free living. The information on label reading, certified gluten-free logos and kitchen safety is to the point and easy to follow. The detailed food and ingredient lists help you quickly decipher package labels and ensure safe, easy shopping. The Survival Guide also includes special tips to support the digestion and an interactive shopping log. REST ASSURED. Gluten-Free Jubilee eases the sense of overwhelm and panic many on a gluten-free diet feel. Its 5" x 8" size and clear, accessible layout make it easy to use and take anywhere. Gluten-Free Jubilee makes gluten-free living simple, safe and scrumptious. Gluten-Free Jubilee is endorsed by the Celiac Disease Center of Columbia University; the Celiac Disease Foundation; and the National Foundation for Celiac Awareness (NFCA).

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