



Gluten Free for the Dual Home

Gail Van Ess, Maureen Heet

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Being diagnosed with a digestive disease or allergy is no reason to eat food that tastes worse than sand (assuming we understand what sand tastes like). Food is meant to be explored and adored. It's meant to inspire and nourish at its most basic.

This mother-daughter duo stood up for people across the globe with a gluten allergy and those wanting to be gluten free. They said, "No more fish aftertaste with our desserts! No more dry and bland foods! We want savory and sweet and good, and we want it now!"

Reading through this book, you will be able to laugh at the mistakes they made and nod in understanding as they struggled but succeeded in finding recipes that work, but more importantly, recipes that will please everyone.

Even in a dual home of gluten-free and non-gluten-free eaters, people will praise your gluten-free dishes. They will want your secret to success. They will want to devour every single recipe you make. Be bold. Stand with Maureen and Gail, shouting, no more to subpar food!

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