



Great Gluten-Free Vegan Eats: Cut Out the Gluten and Enjoy an Even Healthier Vegan Diet with Recipes for Fabulous, Allergy-Free Fare

Allyson Kramer

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Following a plant-based, gluten-free diet is one of the healthiest lifestyle choices around, yet it can be a challenge to create meals that not only match your needs, but taste delicious too. But not any longer! *Great Gluten-Free Vegan Eats* shows you exactly how to create compassionate and wheat-free recipes that are impressive enough for even the most seasoned foodie. Full of fresh and all-natural ingredients, the 101 fully-photographed, scrumptious recipes you'll find inside prove that eating vegan and gluten-free doesn't have to be a sacrifice, but a delight!

From tempting appetizers, to hearty mains, to luscious desserts, you'll find dishes to suit your every need and craving, including:

- Cherry Vanilla Bean Pancakes
- Mediterranean Croquettes
- Coconut Asparagus Soup
- Roasted Red Pepper & Fava Salad
- Walnut Ravioli with Vodka Sauce
- Rosemary, Leek & Potato Pie
- Chocolate Hazelnut Brownie Cheesecake
- Banana Berry Cobbler

Live a healthy and sustainable life, while still enjoying the foods you love, with *Great Gluten-Free Vegan Eats*!

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From Reader Review Great Gluten-Free Vegan Eats: Cut Out the Gluten and Enjoy an Even Healthier Vegan Diet with Recipes for Fabulous, Allergy-Free Fare for online ebook

Claudia says

I was very impressed with this book, for so many reasons. First, it's a healthy cookbook, and the recipes are well thought out and beautifully presented.

Linda B says

3.5 stars

Jennie says

Avocado Gelato? Pineapple Carrot Cake? Pina Colada Cupcakes? She had me at the dessert section. Divine, colourful and simple pictures, flavour combinations sure to update your palate.

Excellent additions to change things up or to try some allergy/gluten free fare.

Must read!

Morgan says

Gluten free home made pasta...walnut ravioli...cinnamon roasted cauliflower...baked corn pudding

yum.

Shona says

Quick, easy to follow recipes that turn out as expected in every instance so far! As other reviewers have mentioned, the reader/cook shouldn't assume that the recipes are particularly healthy, but they do hit the spot when you need a little inspiration. I highly recommend the Soulhaus Cookies. They have become a regular treat in our home. As with any cookbook, a little adjustment was needed for cooking times to suit the conditions in my location.

A.C. Bauch says

I'm half tempted to give this book five stars, because it actually has *pictures* in it! This is the first gluten-free

vegan cookbook I've read that has pictures.

I haven't tried any of the recipes yet, but a quick glance through it leads me to believe that we'll discover many new family favorites in this book. Will update after we've tried a few. :0)

Marilyn says

Gluten and dairy allergies diagnosed at 60 has left me learning how and what to cook all over again. Kramer's book is full of health-giving recipes and a good jumping off point for this new phase in life's journey.

Explanations offered in the front matter set a basic guideline and a bonus offering listing Nutrition Facts after each recipe is a big help when meal planning.

Mary says

This would be a decent first Vegan/GF cookbook. Recipes are pretty basic and not intimidating for a newbie.

Amanda says

Fantastic book, lovely layout, gorgeous photos and so many delicious sounding recipes! I can't wait to try so many of these!

Heather says

I'm pretty new to being gluten-free and even newer to being vegan, so I was thrilled to see a cookbook that specifically catered to my (somewhat usual) dietary needs. I'm just learning how to cook, so I marked 12 recipes I wanted to try and have been working my way through them. As a rookie, I have to say these recipes are pretty clear cut and easy to follow. However, I really wish I realized before buying the book how many recipes rely on having a blender/food processor/deep fryer.

Highlights: Mac 'n cabbage polonaise (though I think I will try to make it without the cabbage next time... can't stand the smell), the brown bread recipe where the gluten-free dough ACTUALLY ROSE (my roommate was impressed and he is a chef at a fancy hotel), and the dark chocolate orange custard (which my friend was obsessing about, it's that rich). The formatting is also great and I love that the food pictures are actually put right next to each recipe. It also taught me how to correctly wash and cut a leek.

Complaints: So many of the recipes rely on sorghum flour which is somehow impossible for me to find. I've been using brown rice flour instead since Kramer mentions at the beginning of the book that it is similar in taste and texture, but I keep worrying that I am missing something. Also there are a few recipes that seem like a waste of effort like the homemade pasta and almond milk ones. Gluten-free pasta and almond milk are so easy to find and fairly cheap, so I felt like there was no point in trying to make them from scratch besides just being able to say that you did.

That being said, I really loved Kramer's explanations of the many types of gluten-free flours and their uses at the very beginning, since I had been puzzled about the differences between them. There's a bunch of recipes I still want to try, so I can see myself returning to this cookbook on a regular basis. I will probably check out [Veganomicon](#) first though, since I've heard a lot of good things about Isa Moskowitz and the Post Punk Kitchen.

VBergen says

The book has a lot of photos and even step-by-step photos on some recipes. The ingredients are not so easy to get, at least not in the common supermarket. Even if vegan and gluten free, many recipes seem to be junk food. For a vegan lifestyle I much prefer healthier food.

Kris Siegel says

This is one that I will buy. The recipes look fantastic!

M says

Pretty much everything in the this book that I've made is really good. Seems the author has some polish heritage and some polish recipes/influence makes their way in, and it's really good. The book is worth it just for the cashew cream recipe itself, that stuff is good on everything. I love the mac and cheeze with cabbage and the mushroom stroganoff is totally amazing. I'd highly recommend this book!

Don says

This is a good book for the new vegan that is gluten free, or nearly gluten free. For an experienced long term vegan cook, it's just another cookbook. It has plenty of comfort and junk food to help someone not feel deprived, but junk is junk and to label these "healthy" recipes just because it's vegan, gluten free and homemade is a bit much. In my opinion.

Meadow says

Great pictures, delicious recipes, and a good book for someone feeling overwhelmed with limited dietary options.
