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# **Great Food, Gluten Free, and Good For You: Ready for that remembered flavor and texture in your food? Want your food to have a nutritional boost for ... recipe book and enjoy your food again!**

*Kerri Krebsbach*

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Gluten Free can taste great! Gluten free foods have a reputation for bad taste, “odd” taste, and poor texture. Recipes in this book help turn that reputation around! Eat food with tastes and textures reminiscent of your wheat filled days. Special flour blends and easily followed techniques will help you achieve great tasting food. Every recipe in this book has been tested by friends, family, and coworkers. They are often astonished to find out that the food they are eating is gluten free, and often very good for them. Testers have said again and again that the recipes produce delights much better than those found in the store or gluten free bakeries! Additional effort is taken with most recipes to add a little (or lot) of extra nutrients to round out picky eaters’ diets.

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