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discusses the
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wheat-filled German-American favorites such as schnitzels, spaetzles, strudels, and rye bread are staples. When Sarah was diagnosed with Celiac disease, she thought her days of eating her favorite pizzas, pastas, and pastries with her friends were over. Her mother, Carlyn

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track weekly. This way when filing taxes at the end of the year, you have all the information at your fingertips - readily accessible and accurate. About the Authors Katherine Mother, wife and all around Mrs. Fix-it, was diagnosed with celiac disease

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March 2015. Since then it has been her mission to find good gluten-free foods and figure out ways to save money. Katherine lives 100% gluten-free from foods and shampoos, to soaps and toothpaste, and is very encouraging of others. Ken Medic in the U.S. Army,

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Over the last decade, a
vegan diet has become
a more mainstream
choice; food allergies
have been increasing
at alarming rates; and
celiac disease is on

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everyone's radar.
When owner Jennifer
Katzinger opened The
Flying Apron Bakery
in 2002, she wanted to
accommodate more
people, as well as use
healthier ingredients
so she eliminated
gluten, dairy, egg, soy,
and wheat. The
mouthwatering result?
Cakes and muffins
with a tender crumb,

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cookies with a chewy bite, frosting that's light yet satisfyingly sweet, and pastry that flakes at the touch of a fork. In *Flying Apron's Gluten-Free and Vegan Baking Book*, Katzinger shares the delicious secrets of her sweet and savory recipes. Bake yummy pastries like Blueberry

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Cinnamon Scones and
Lemon Poppy Seed
muffins, or whip up a
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Katzinger offers
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Bast, executive director National Foundation for Celiac Awareness "Shauna's food, the ignition of healthy with delicious, explodes with flavor—proof positive that people who choose

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to eat gluten-free can do it with passion, perfection, and power." —John La Puma, MD, New York Times bestselling co-author of *The RealAge Diet* and *Cooking the RealAge Way* "A breakthrough first book by a gifted writer not at all what I expected from a story about living with celiac

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disease. Foodies everywhere will love this book. Celiacs will make it their bible."

—Linda Carucci,
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Teacher of the Year,
2002 An entire
generation was raised
to believe that cooking
meant opening a box,

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ripping off the plastic wrap, adding water, or popping it in the

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Free Girl, with its gluten-free healthful approach, seeks to bring a love of eating back to our diets.

Living gluten-free means having to give up traditional bread, beer, pasta, as well as the foods where gluten

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likes to hide—such as store-bought ice cream, chocolate bars, even nuts that might have been dusted with flour. However, *Gluten-Free Girl* shows readers how to say yes to the foods they can eat. Written by award-winning blogger Shauna James, who became a interested in food once she was

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diagnosed with celiac disease and went gluten-free, Gluten-Free Girl is filled with funny accounts of the author's own life including wholesome, delicious recipes, this book will guide readers to the simple pleasures of real, healthful food. Includes dozens of recipes like salmon

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