



River Cottage Gluten Free

By Naomi Devlin

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Gluten is found in an extraordinary number of foods, yet it can be problematic for so many of us. Whether you need to cut gluten out of your diet or you're cooking for friends and family with gluten intolerance, *River Cottage Gluten Free* will provide the tools you need to gain inspiration and navigate mealtimes. Nutrition expert Naomi Devlin gives clear advice for gluten-free eating – including detailed guidance on alternative flours, methods of fermentation and delicious baking ideas.

She offers 120 ingenious recipes for breakfasts, bread, pastry, soups, salads, snacks, main meals and puddings, including Prosciutto and egg muffins, Blinis with crème fraîche and smoked salmon, Leek and bacon quiche, Courgette hummus, Blackberry bakewell tart, Luscious lemon cake and Chocolate fondants.

With an introduction by Hugh Fearnley-Whittingstall and helpful tips from Naomi throughout, this definitive gluten-free cookbook will add fresh vitality to your cooking and eating, and a host of recipes to make you feel great.

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Editorial Review

Review

It's about ... embracing "delicious, simple, health-enhancing food". Yes, please! Psychologies

About the Author

A champion of wholesome gluten-free food, **Naomi Devlin** is a qualified nutritionist and homeopath. She hosts the gluten-free cooking course at River Cottage HQ and regularly teaches at cooking schools around the United Kingdom. She lives in Devon.

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