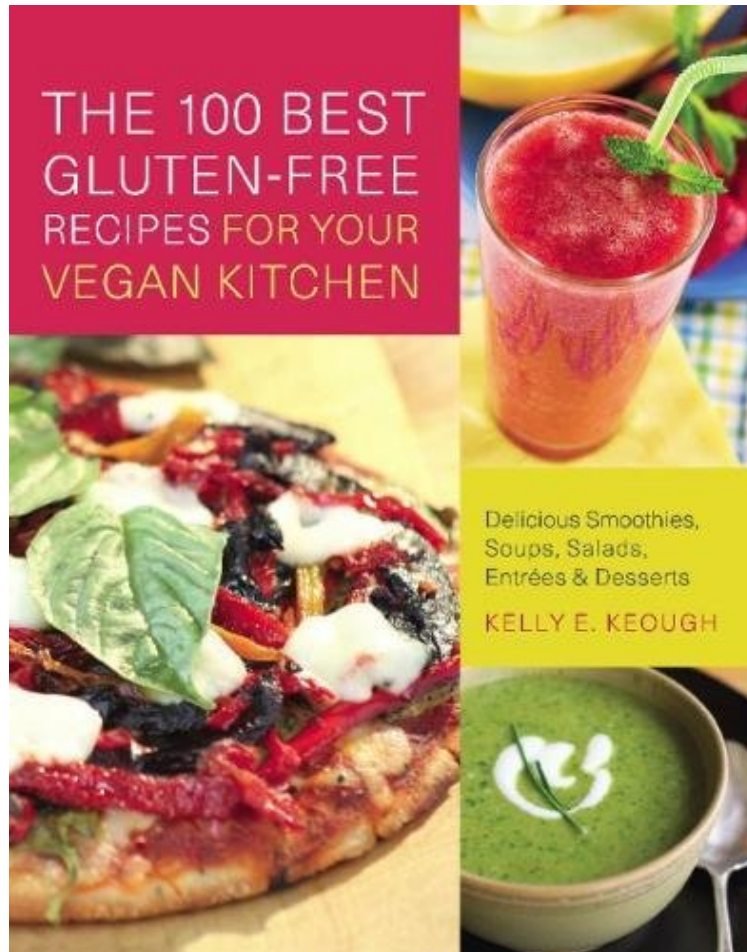


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2 of 2 people found the following review helpful. Lost Weight on Kelly's MuffinsBy Kathleen KeoughI have lost 7 lbs in three weeks by substituting Kelly's Banana Bread (made with sprouted buck wheat groats) for breads. I have omitted gluten, but have been totally satisfied with this bread (I make them into muffins for convenience and portion control).I have one in the morning and then one as a snack when I am craving a carbohydrate!! It is packed with nutrients. The trick is to anticipate your need as the groats have to be soaked in water for a day and then sprouted on

your counter for a day. It takes no effort on your part, just add water and leave them!! I am looking forward to making my next recipe which will be the Black Bean Boost...sounds delicious!! Kelly's recipes are a must for a healthy weight loss process and life long nutrition! 0 of 0 people found the following review helpful. I have found that the gluten free recipes in many ...By F. Lundberg I have found that the gluten free recipes in many of the books have a lot of recipes that wouldn't include gluten anyway. I probably won't get too much use from it. 0 of 0 people found the following review helpful. Five Stars By David A. Great and easy recipes!! A++

DELICIOUSLY ANIMAL-FREE GLUTEN-FREE Being vegan is a culinary challenge, especially when you are avoiding gluten. This book shows how to address both restrictions without sacrificing flavor or adding hours in the kitchen. These mouth-watering recipes draw on the best natural animal and wheat substitutes to create savory and sweet favorites, including: • Banana Walnut Pancakes • Blueberry Cornbread Muffins • Maple-Glazed Oatmeal Scones • Blueberry Protein Smoothie • Lotus Chips with Hummus • Cheddar Cheese Nut Sauce • Pad Thai Salad • Cream of Butternut Squash Soup • Hot Tamale Pie • Chick Coconut Curry • Lentil Loaf • Manicotti in Marinara • Cashew Alfredo Sauce • Polenta Pizza • Lemon Chiffon Pie • Chunky Peanut Butter Cookies • Chocolate Carob Brownies • Red Velvet Cupcakes In addition to 100 tasty treats, you'll find advice on stocking your kitchen with gluten-free vegan basics, tricks for quicker and easier preparation, and tips on how to save money when buying vegan and organic ingredients.

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