



# **Beyond Rice Cakes: A Young Person's Guide to Cooking, Eating & Living Gluten-Free**

*Vanessa Maltin*

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## **Beyond Rice Cakes: A Young Person's Guide to Cooking, Eating & Living Gluten-Free** Vanessa Maltin

This ingenious health guide offers hilarious first-person tales of the trials and tribulations of living with celiac disease, including the often embarrassing side effects and surviving college without beer. Author Vanessa Maltin uses her own personal experience with celiac disease to help you cope and offers tips for a gluten-free lifestyle that is easy and fun to maintain. Easy-to-make recipes including snacks, finger foods, soups, salads, main dishes, and desserts Cooking tips from Christina Pirello, Emmy Award-winning TV personality and best-selling author of *Cooking the Whole Foods Way* Advice from experts for managing a gluten-free diet at home, in the workplace, at college, and on vacation "Beyond Rice Cakes is a must-read for people with celiac, their friends and families. The Gluten-Free Girls' tips and recipes are more than strategies for simply coping with celiac. They promote an approach to gluten-free living that is full of adventure, innovation, and joy." -Alice Bast, executive director of the National Foundation for Celiac Awareness "Gluten-free cooking has never been easier!! With a small amount of time, limited ingredients, and basic kitchen utensils, Beyond Rice Cakes makes cooking easy and enjoyable for even the most cooking-delinquent college freshman." -Lee Tobin, team leader, Gluten-Free Bakehouse, Whole Foods Market

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