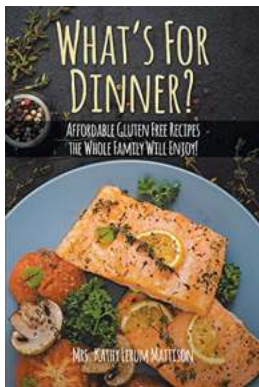


Affordable Gluten Free Recipes The Whole Family Will Enjoy

Are you or a family member on a gluten-free diet? Are you struggling to find delicious and affordable recipes that everyone in the family can enjoy? Look no further! In this article, we will share some amazing gluten-free recipes that are not only budget-friendly but also mouthwateringly delicious. Get ready to wow your family's taste buds!

1. Mexican Quinoa Salad

This refreshing salad is packed with protein and flavor.



What's For Dinner?: Affordable Gluten-Free Recipes the Whole Family Will Enjoy!

by Chloe Tucker (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 459 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 155 pages





Ingredients:

- 1 cup quinoa
- 1 ½ cups water
- 1 cup cherry tomatoes, halved
- 1 cup black beans, rinsed and drained

- 1 avocado, diced
- 1 cup corn kernels
- 1 jalapeño pepper, seeded and diced
- ¼ cup fresh cilantro, chopped
- Juice of 1 lime
- Salt and pepper to taste

Instructions:

1. Rinse the quinoa thoroughly under cold water.
2. In a medium saucepan, bring the water to a boil. Add the quinoa, cover, and simmer for about 15 minutes or until the water is absorbed.
3. In a large bowl, combine the cooked quinoa, cherry tomatoes, black beans, avocado, corn kernels, jalapeño pepper, cilantro, lime juice, salt, and pepper. Toss gently to mix everything well.
4. Refrigerate for at least 30 minutes before serving to let the flavors meld together.

2. Coconut Curry Chicken

This creamy and fragrant dish will transport you to the tropics.



Ingredients:

- 4 chicken breasts, boneless and skinless, cut into cubes
- 1 onion, chopped
- 3 cloves of garlic, minced
- 1 tablespoon fresh ginger, grated

- 1 tablespoon curry powder
- 1 can (400 ml) coconut milk
- 1 cup frozen peas
- 1 red bell pepper, sliced
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions:

1. In a large skillet, heat the olive oil over medium heat. Add the onions and cook until translucent.
2. Add the minced garlic and grated ginger, and cook for an additional minute.
3. Sprinkle the curry powder over the mixture and stir well to combine.
4. Add the chicken cubes to the skillet and cook until browned on all sides.
5. Pour in the coconut milk and bring the mixture to a simmer. Cover and let it cook for about 15 minutes.
6. Add the frozen peas and sliced red bell pepper. Cook for another 5 minutes or until the chicken is cooked through and the vegetables are tender.
7. Season with salt and pepper to taste.

3. Banana Oat Pancakes

These gluten-free pancakes are a perfect way to start the day.



Ingredients:

- 2 ripe bananas
- 1 cup gluten-free oats
- 2 eggs
- 1 teaspoon vanilla extract

- 1 teaspoon baking powder
- ¼ teaspoon salt
- Coconut oil for cooking

Instructions:

1. In a blender, combine the bananas, oats, eggs, vanilla extract, baking powder, and salt. Blend until smooth.
2. Heat a non-stick skillet over medium-high heat and lightly grease it with coconut oil.
3. For each pancake, pour about 1/4 cup of the batter onto the skillet. Cook for about 2 minutes or until the edges start to look set and bubbles form on the surface.
4. Flip the pancake and cook for an additional 1-2 minutes until golden brown.
5. Serve warm with your favorite toppings like maple syrup, fresh fruits, or yogurt.

4. Zucchini Noodles with Tomato Sauce

A healthy and satisfying alternative to traditional pasta.



Ingredients:

- 4 medium zucchini
- 1 can (400 g) crushed tomatoes
- 2 cloves of garlic, minced
- 1 tablespoon olive oil

- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- Salt and pepper to taste

Instructions:

1. Using a spiralizer or a julienne peeler, turn the zucchini into noodles.
2. In a large skillet, heat the olive oil over medium heat. Add the minced garlic and sauté until fragrant.
3. Pour the crushed tomatoes into the skillet and add the dried basil, dried oregano, salt, and pepper. Stir to combine.
4. Simmer the sauce for about 10 minutes, stirring occasionally.
5. Add the zucchini noodles to the skillet and toss gently to coat them with the sauce.
6. Cook for about 2-3 minutes or until the zucchini noodles are slightly tender.
7. Serve hot with a sprinkle of Parmesan cheese, if desired.

5. Chocolate Avocado Pudding

A rich and creamy dessert that is surprisingly healthy.



Ingredients:

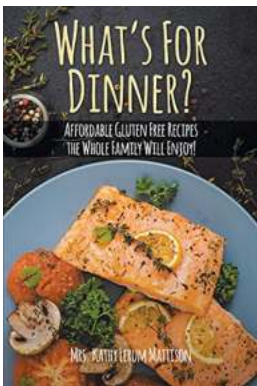
- 2 ripe avocados
- ½ cup unsweetened cocoa powder
- ½ cup maple syrup
- ½ cup almond milk

- 1 teaspoon vanilla extract
- A pinch of salt

Instructions:

1. Cut the avocados in half, remove the pits, and scoop out the flesh into a blender or food processor.
2. Add the cocoa powder, maple syrup, almond milk, vanilla extract, and salt to the blender.
3. Blend until smooth and creamy.
4. Transfer the pudding into serving dishes and refrigerate for at least 1 hour before serving.
5. Garnish with your favorite toppings like whipped cream, chocolate shavings, or fresh berries.
6. Enjoy this guilt-free dessert!

These affordable gluten-free recipes are sure to be a hit with your entire family. Whether you're looking for a quick weeknight dinner or a special treat, these recipes have got you covered. Say goodbye to boring meals and enjoy the delicious flavors that gluten-free cooking can offer. Happy cooking!



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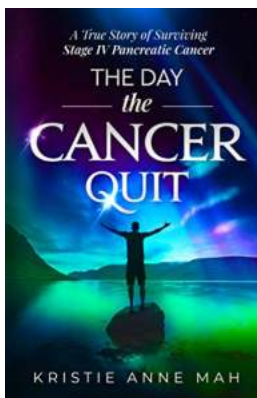
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Don and Kathy were married for over twenty years before the pains and personality changes began. Blood tests indicated a rise in the liver enzymes, and a liver biopsy revealed that Don, who never drank, had nonalcoholic cirrhosis of the liver. As devastating as this news was, it did not explain the constant pain that seemed to worsen with each meal.

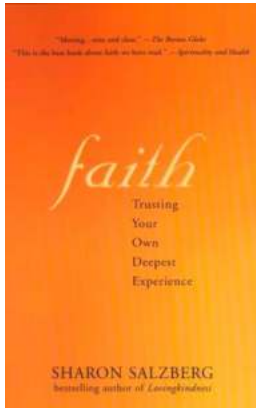
After many doctor's appointments and non-diagnoses, the test for gluten-intolerance was done, and long story short, Don was officially diagnosed with Celiac Sprue and was told to not have one speck of gluten in his diet from that moment on or he would have an esophageal bleed that he wouldn't recover from within the next two months.

The world of gluten-free meal preparation became the norm, and it wasn't long before friends and family members started asking for help too. Hence, this cookbook came about out of necessity and made it so that the whole family could enjoy every meal without having to make special dishes just for her husband alone.



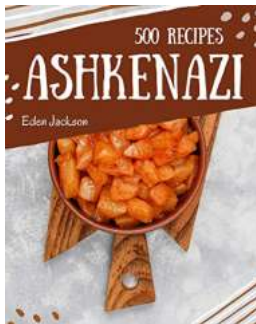
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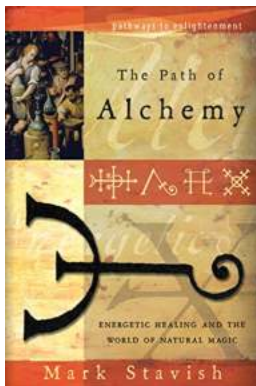
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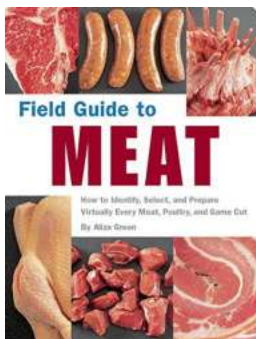
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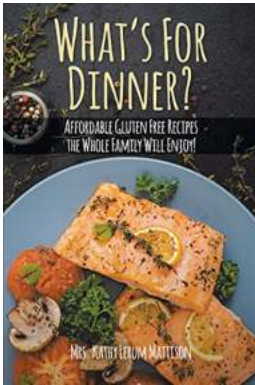
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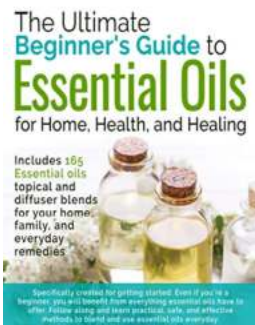
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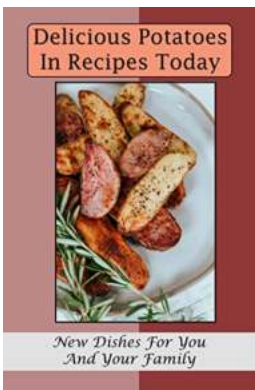
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