

Mouth Watering Plant Based Recipes For The Gluten Intolerant



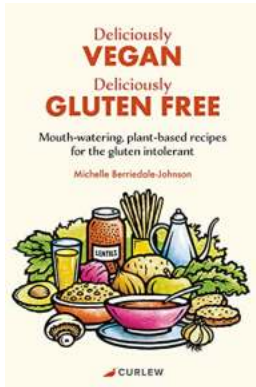
Living with gluten intolerance can be a challenge, especially when it comes to finding tasty and fulfilling meals. But fear not! We have gathered some mouth-watering plant-based recipes that will not only satisfy your cravings but also keep

your gluten intolerance in check. Get ready to embark on a culinary adventure with these delectable and gluten-free options.

1. Quinoa-Stuffed Bell Peppers



Deliciously Vegan, Deliciously Gluten Free: Mouth-watering, plant-based recipes for the gluten intolerant by Michelle Berriedale-Johnson (Kindle Edition)



★ ★ ★ ★ ☆	4.6 out of 5
Language	: English
File size	: 2679 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 234 pages
Lending	: Enabled



quinoa-stuffed bell peppers

If you are looking for a nutritious and flavorful meal, try these quinoa-stuffed bell peppers. The combination of quinoa, vegetables, and spices creates a mouth-watering dish that will leave you wanting more.

2. Lentil Curry with Brown Rice



lentil curry with brown rice

This aromatic lentil curry served with brown rice is a perfect comfort food for those gluten-intolerant foodies. Packed with protein and rich in flavor, this dish will surely satisfy your taste buds.

3. Zucchini Noodles with Avocado Pesto



zucchini noodles with avocado pesto

For a lighter alternative to traditional pasta, try these zucchini noodles with avocado pesto. The creamy and velvety texture of the avocado pesto pairs perfectly with the freshness of the zucchini, creating a guilt-free and satisfying meal.

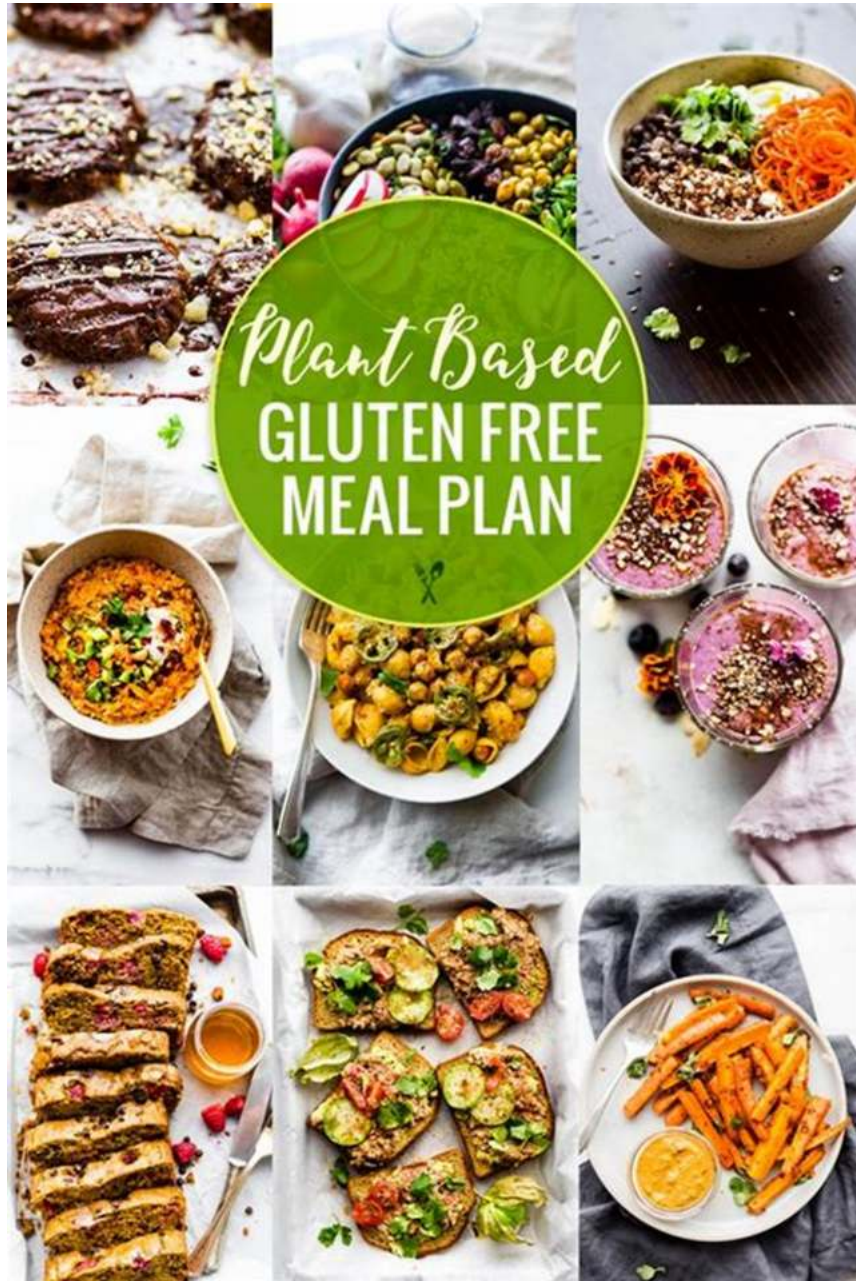
4. Chickpea Burger with Sweet Potato Fries



chickpea burger with sweet potato fries

No need to miss out on burger nights! These delicious chickpea burgers served with crispy sweet potato fries are a gluten-free twist on a classic favorite. You won't believe how tasty and satisfying this plant-based alternative can be.

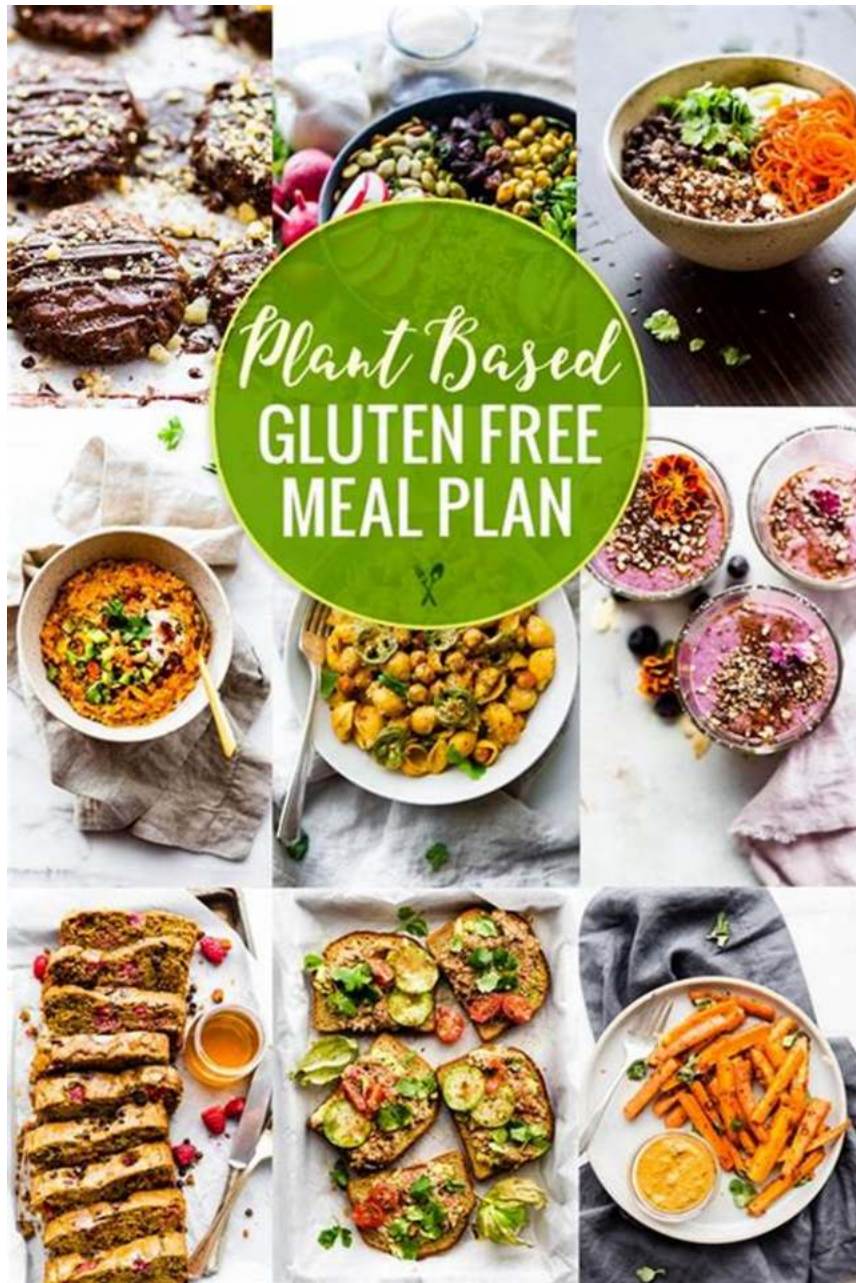
5. Cauliflower Pizza Crust



cauliflower pizza crust

Craving pizza? Try this cauliflower pizza crust! It's crispy, flavorful, and gluten-free. Top it with your favorite plant-based ingredients and voila! You have a mouth-watering pizza that won't upset your gluten intolerance.

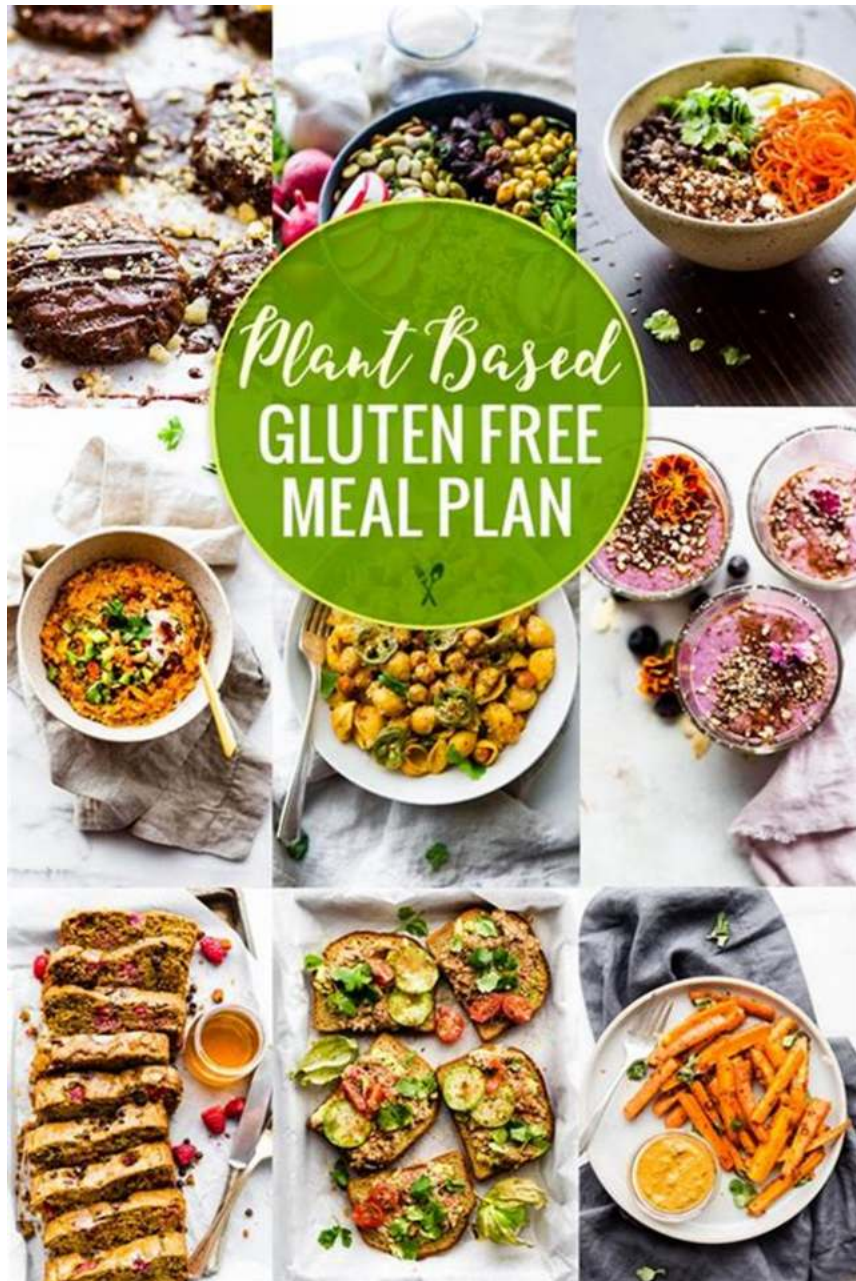
6. Coconut Chia Pudding



coconut chia pudding

Indulge in a creamy and delicious dessert with this coconut chia pudding. It's packed with healthy fats, fiber, and plant-based protein. Customize it with your favorite toppings, such as fresh fruits or nuts, for a truly divine treat.

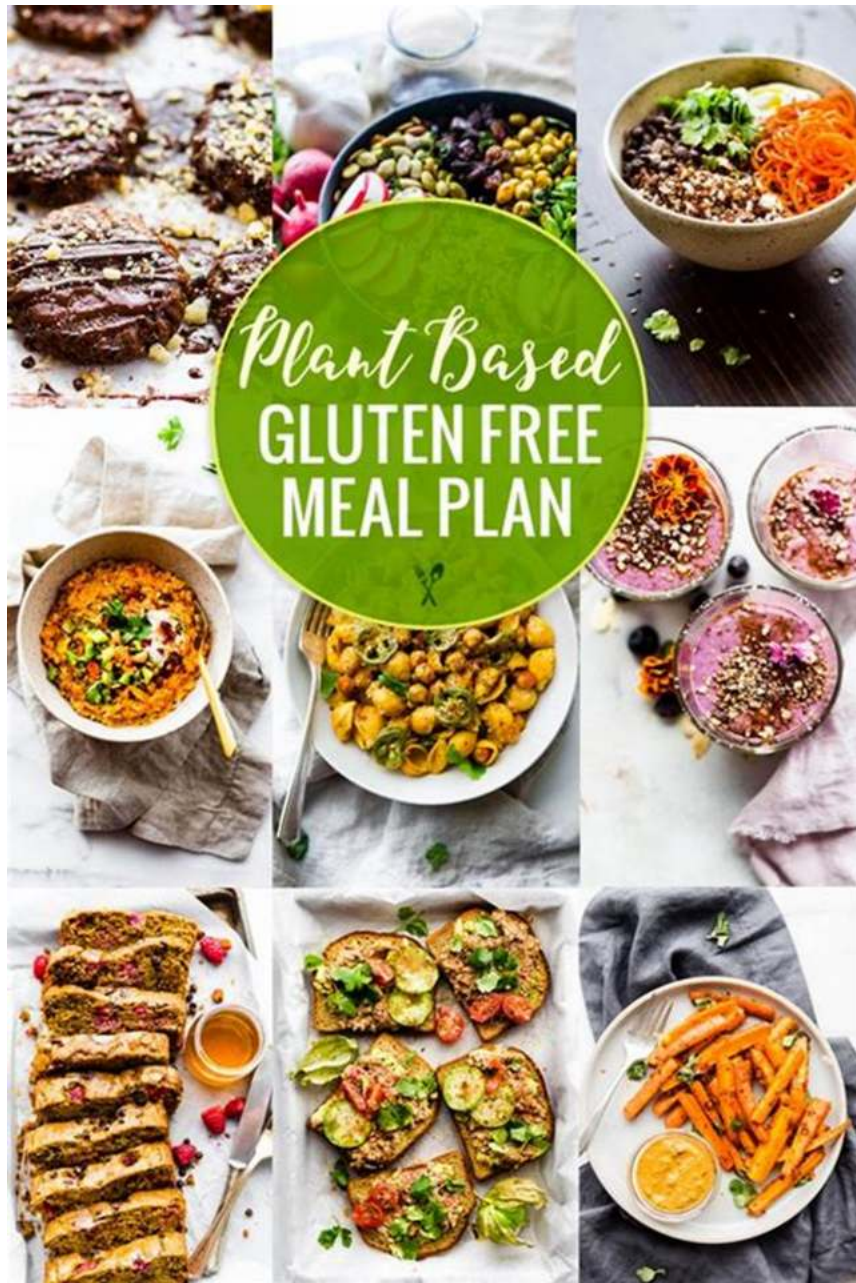
7. Berry Smoothie Bowl



berry smoothie bowl

Start your mornings off right with a refreshing and vibrant berry smoothie bowl. Packed with antioxidants and essential nutrients, this gluten-free breakfast option will leave you feeling energized and ready to take on the day.

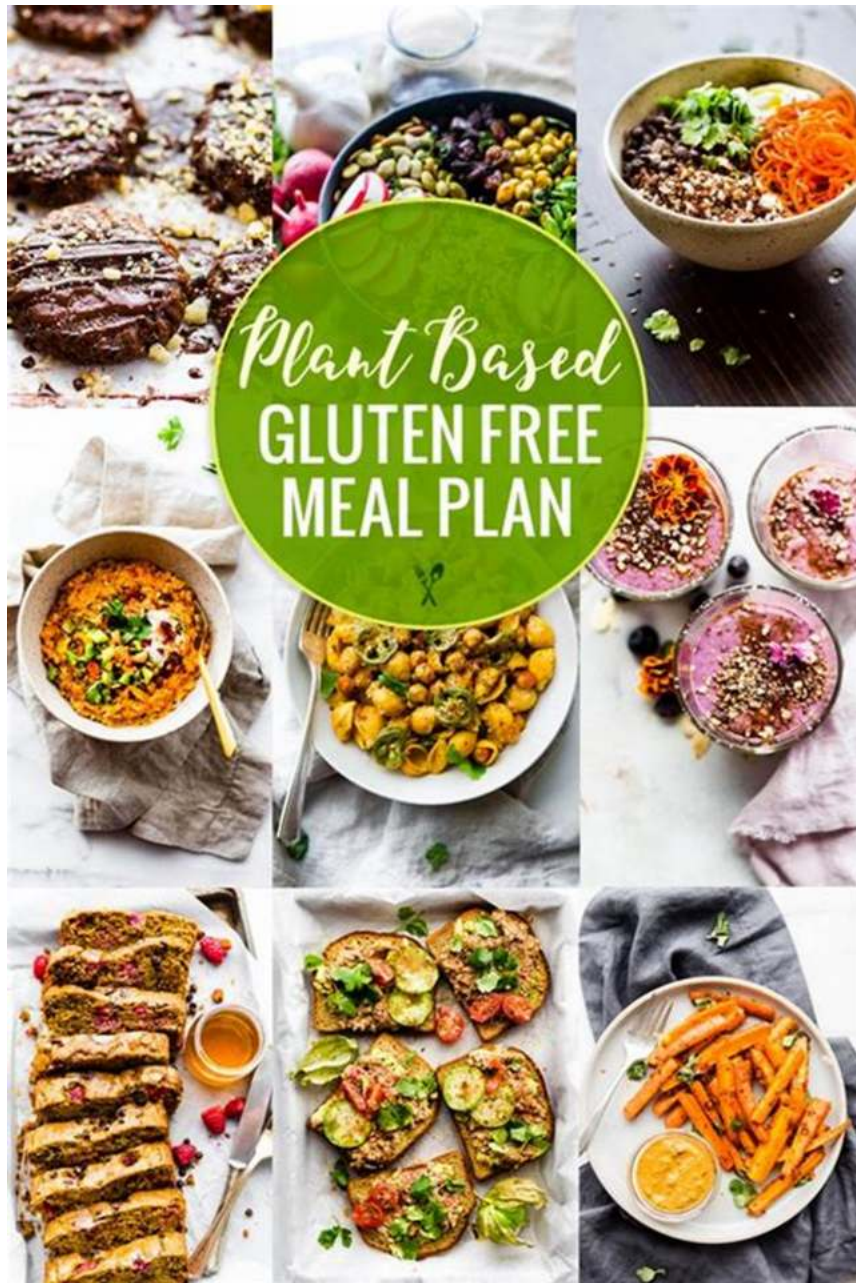
8. Stuffed Portobello Mushrooms



stuffed portobello mushrooms

Elevate your dinner table with these stuffed portobello mushrooms. Filled with a delicious plant-based stuffing, these savory mushrooms make for an impressive and satisfying main course that your guests will love.

9. Chocolate Avocado Mousse

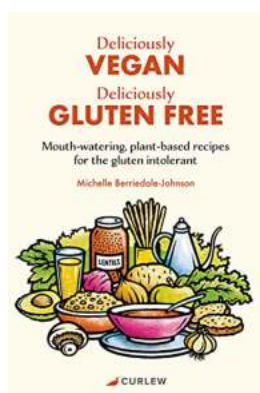


chocolate avocado mousse

Indulge in the velvety goodness of this chocolate avocado mousse. Creamy, rich, and decadent, this dessert is so delicious that you won't even realize it's gluten-free. Treat yourself to a guilt-free pleasure!

Having a gluten intolerance doesn't mean you have to compromise on taste. These mouth-watering plant-based recipes will not only cater to your dietary needs but also bring joy to your taste buds.

Experiment with different combinations of flavors and ingredients, and don't be afraid to get creative in the kitchen. With these recipes, you'll never have to feel deprived of delicious and satisfying meals again.



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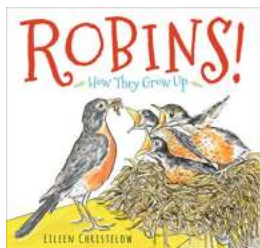
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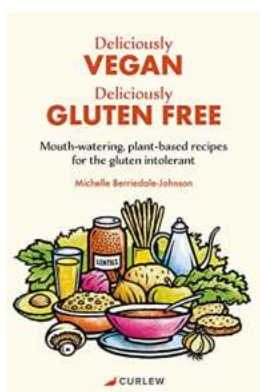
Green pea and wasabi soup - celeriac mash with cavolo nero, garlic and smoked tofu - broccoli with red rice and water chestnuts - steamed fennel salad with radicchio - gluten-free vegan sponge layer cake - avocado and pineapple parfait, rich chocolate aubergine or eggplant mousse... From breakfast to exotic desserts, Deliciously Vegan, Deliciously Gluten Free includes over 100 fresh, original, healthy and totally delicious recipes to titillate the tastebuds of any gluten-avoiding vegan. With the focus on naturally high protein vegan ingredients,

Michelle's recipes explore exciting vegetable, nut, pulse, pasta and fruit combinations with easy-to-follow recipes.



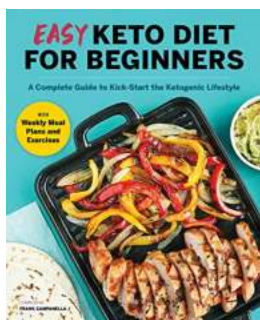
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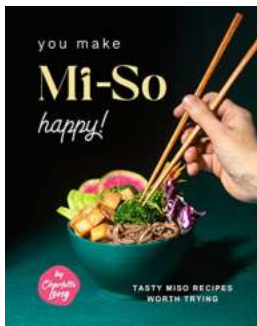
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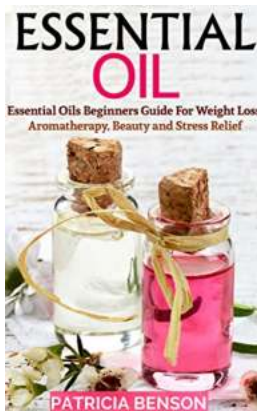
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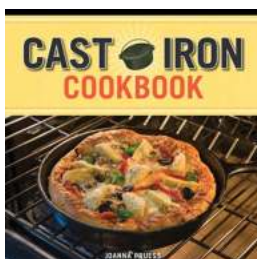
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