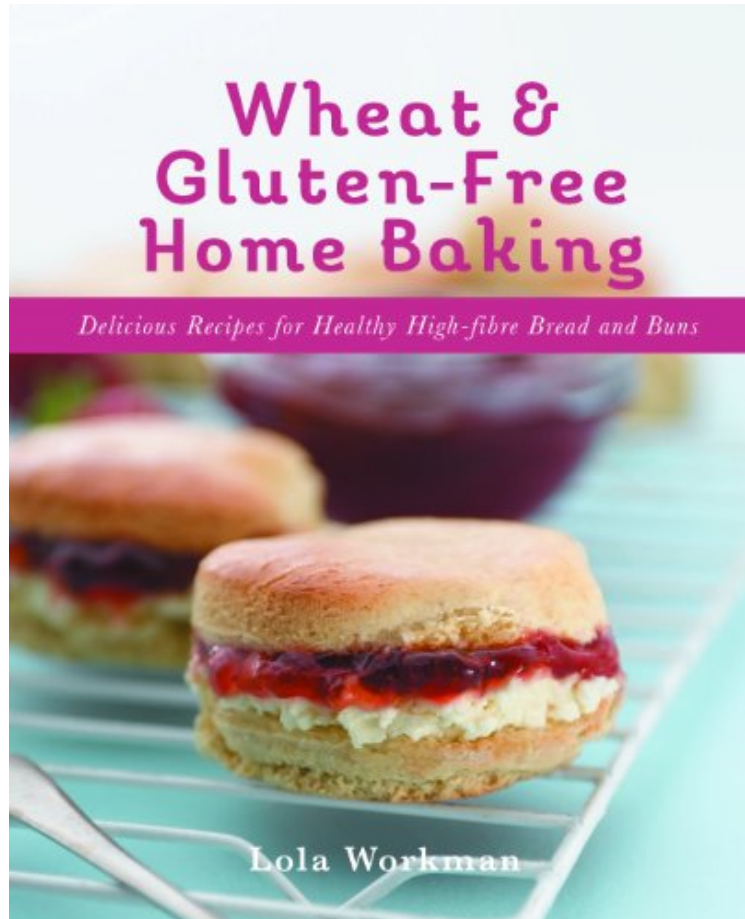


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Wheat and Gluten-Free Home Baking

Lola Workman

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Lola Workman : Wheat and Gluten-Free Home Baking before purchasing it in order to gauge whether or not it would be worth my time, and all praised Wheat and Gluten-Free Home Baking:

Suitable for people with an intolerance to wheat, oats, barley and rye, or for the friend who wishes to give a dinner party for that special person who suffers from coeliac disease.

About the Author Lola was introduced to gluten-free cookery in 1980 when her daughter developed an intolerance to wheat. Her background as a commercially trained cook was challenged by this situation and she had to develop a whole new tasty menu for her children. Lola has conducted many courses for parents of children with various food intolerances and is recognised by the Coeliac society who also endorse her books.