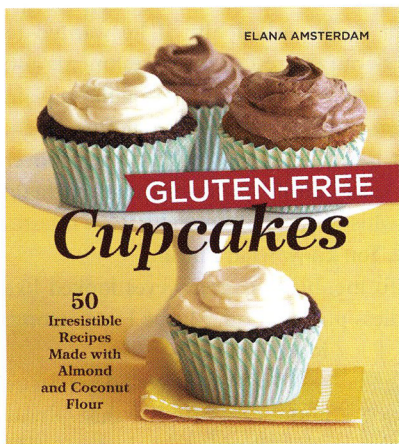


# Look Ma, No Wheat Flour

A bevy of books about gluten-free living will have you running to the bookstore – then the kitchen. Plus: Living well with food allergies.



## Gluten-Free Cupcakes

By Elana Amsterdam; Celestial Arts, \$16.99



## Gluten-Free Baking

By Phil Vickery

Firefly Books, \$24.95

It's fair to say the cupcake trend is here to stay. Boutique cupcake bakeries continue to do swift business and cookbooks created around the two-bite indulgences fly off the bookstore shelves. It's no surprise then that a gluten-free author has joined the party.

Popular food blogger and author Elana Amsterdam's *Gluten-Free Cupcakes* features recipes made with coconut and almond flour (not for you, nut-allergic!). Divided into sections such as Fruity Cupcakes, Chocolate Cupcakes and Special Occasion Cupcakes, the recipes are helpfully labeled with a "sweetness level" of low, medium or high. We can't wait to try the Ice Cream Cone Cupcakes (sweetness: high), which are baked inside gluten-free cones and look amazingly like a soft-serve ice cream cone – but, of course, won't melt. –K.S.



For Elana's tantalizing lime cupcake recipe, see [allergicliving.com/cupcake](http://allergicliving.com/cupcake)