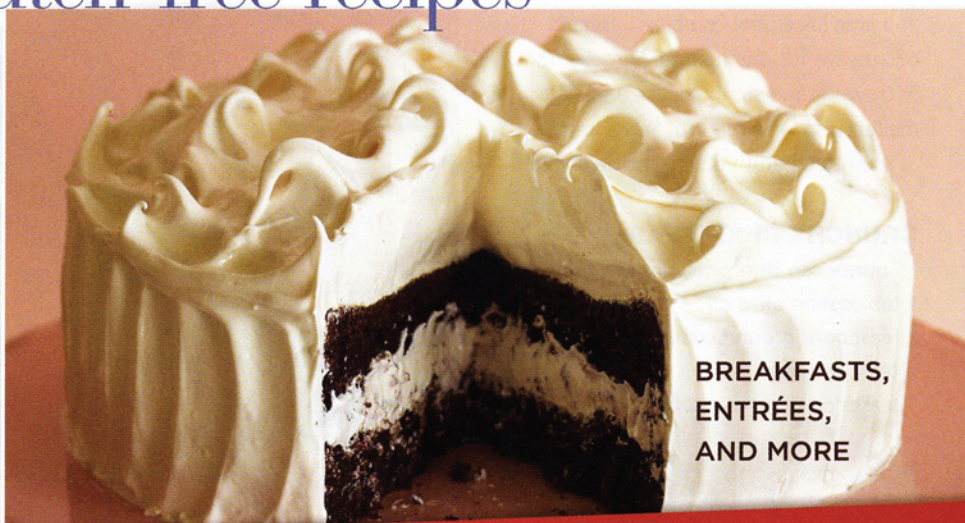
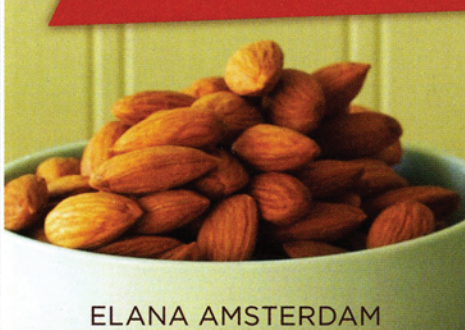


Gluten-free recipes



BREAKFASTS,
ENTRÉES,
AND MORE

the GLUTEN-FREE ALMOND FLOUR *cookbook*



ELANA AMSTERDAM



Boulder resident Elana Amsterdam, author of *The Gluten-Free Almond Flour Cookbook*, has loved to cook since she was a child. So when she and her young son were both diagnosed with Celiac disease, she turned her entrepreneurial talent (she had founded an award-winning environmental consulting firm, Ecosave), into developing “wholesome meals her entire family could enjoy without sacrificing flavor. The recipes in this book are simple and easy,” she states. “Some contain six ingredients or less, and can be prepared

in well under an hour. You do not need to be a chef, or even have prior cooking experience, to successfully prepare the dishes...though it is crucial that you have the correct ingredients.”

In recent years gluten intolerance has moved beyond Celiac disease and has been investigated as connected with numerous food allergies, asthma and even autism, affecting growing segments of the population. With a blog and popular website, www.elanaspantry.com, Amsterdam is an ongoing advocate of a healthy foods and lifestyle for herself, her family and friends. The basis of her recipes is almond flour, made, obviously, from almonds; most of her ingredients are specified organic. Handily, at the end of the book she lists sources, with websites and phone numbers, for the ingredients, although many of them undoubtedly can be found in local health food stores.

SWEET TO SAVORY

The book is chock full of sweet treats, but don't misunderstand—these are not refined-sugar-laden foods; sweeteners include agave nectar and coconut milk. Start the day with orange apricot scones, french toast or cinnamon coffee cake. Snack time includes herb crackers, pumpkin flax crackers, and cream cheese on a slice of scrumptious sandwich bread (yes,



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GLUTEN-FREE *Cupcakes*

**50 Irresistible
Recipes Made
with Almond and
Coconut Flour**

gluten-free bread and it keeps for up to six days in the refrigerator).

Savory main dishes could serve as lunch or dinner, from adaptations of family favorites like chicken pot pie, fish sticks and eggplant parmesan to more esoteric offerings such as southwestern salmon burgers and kale tart with cranberries in herb crust. Crusts are an apparent specialty, with recipes for eight kinds—pie, dark chocolate, coconut, crunchy almond, simple tart, savory, herb, pizza. Lots of desserts like pear crisp round things out, as do cakes, cupcakes and cookies, including everyone's favorite cookie, chocolate chip—as developed by Amsterdam.

Color photographs do a fine job of whetting the appetite for everyone, not just for the gluten intolerant; as a bonus, the recipes will benefit people with diabetes, high cholesterol and IBS. The book was chosen by *The Denver Post* as one of the "Best Cookbooks of 2009."

New for 2011, Amsterdam has just released *Gluten-Free Cupcakes: 50 Irresistible Recipes Made with Almond and Coconut Flour*. To purchase both books, see below.

TO BUY

The Gluten-Free Almond Flour Cookbook, Breakfasts, Entrees, and More, \$16.99, by Elana Amsterdam, with photography by Annabelle Breakey, published by Celestial Arts, an imprint of Crown Publishing Group (www.crown-publishing.com and www.tenspeed.com). This book, as well as Amsterdam's *Gluten-Free Cupcakes: 50 Irresistible Recipes Made with Almond and Coconut Flour* are available through Amazon, Barnes & Noble, Boulder Bookstore and at www.elanaspantry.com. 

Judy Bucher is an award-winning Denver-based freelance editor and writer who is a contributor to New West Publishing.