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[www.cookingglutenfree.com](http://www.cookingglutenfree.com) [karen@cookingglutenfree.com](mailto:karen@cookingglutenfree.com)

"...a beautifully illustrated collection of tantalizing gluten-free recipes presented simply and practically..." Elaine Monarch, Executive Director, Celiac Disease Foundation

***Cooking Gluten-Free!***  
***A Food Lover's Collection of Chef and Family Recipes Without Gluten or Wheat***  
by Karen Robertson

Celiac Publishing is proud to announce that *Cooking Gluten-Free!* by Karen Robertson is the winner of the 2003 Benjamin Franklin Award in the health/nutrition category. The Benjamin Franklin Awards are sponsored by the Publishers Marketing Association, and celebrate the excellence in editorial and design for titles published in 2002. Judges for the awards come from all areas of the industry: major newspaper and trade media reviewers, bookstore and library buyers and reviewers, non-competing publishers, artists and writers who serve the industry. Over 1600 entries were received this year.

*Cooking Gluten-Free!*, published by Celiac Publishing (2002), focuses on excellent recipes, many contributed by celebrated chefs, for those on a gluten-free diet--a medically restricted diet that avoids wheat, rye, barley and associated grains.

Gorgeous watercolors grace most pages of the book and a unique flour mix is used to create moist, tender baked goods--something many gluten intolerant people have trouble finding in the gluten-free world.

The contributing chefs are among the best in America. Many are James Beard award winners or nominees, many have been featured in various food and wine magazines, and all of the chefs have embraced the challenge of creating a delectable meal without gluten. Recipes include wine recommendations as well. Detailed resources for the gluten intolerant person, a how to get started section, and an overall comprehensive appendix and index make this book an excellent resource for those on a gluten-free diet.

**...A delightful collection of creative recipes that use plenty of nutritious ingredients:** fruits, vegetables, nuts, seeds, and legumes adding both **flavor and nutrition** to meals. To enhance their nutritional value, baked goods incorporate flours made from amaranth, quinoa, buckwheat, and brown rice. Healthy oils are also suggested. A wonderful book that allows the gluten intolerant person **healthy and delicious gluten-free alternatives.** Shelley Case, B. Sc., RD, Author  
*Gluten Free Diet: A Comprehensive Resource Guide, (Case Nutrition Consulting, 2002)*

About the author:

Karen Robertson began her journey into the gluten-free world when her children were first diagnosed with celiac disease in 1997. As a food lover, she was determined to find gluten-free recipes for baked goods that were moist, delicious, and more like their wheat-based counterparts. *Cooking Gluten-Free!* is a labor of love designed to prove that gluten-free food can be excellent.

Karen is a former board member for the Gluten Intolerance Group, is an advocate for educating the public about celiac disease, makes appearances at national patient conferences, and teaches gluten-free cooking classes at PCC Natural Markets in Seattle, Washington.

***Cooking Gluten-Free! A Food Lover's Collection of Chef and Family Recipes Without Gluten or Wheat***  
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