



Gluten-Free With Love

Tricia Fecteau

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"Gluten Free with Love" is the culmination of nearly 15 years of innovation and trial-and-error in an effort to eat foods that are easy to digest and do not aggravate our family's sensitive digestive systems. It is a collection of carefully hand-crafted recipes that are not hard to make with ingredients that are easy to find. Why did we create these recipes? Because we did not want to give up the foods that we enjoy, yet not disturb our health! A lot of literature is out there about how to eat right, but very few present practical, easy to make recipes that minimize allergenic reactions while still tasting like the foods we grew up with. Our recipes pass our children's "taste test" because they eat them as readily as we do. Although weight was not a primary consideration for adopting this diet, we have found that this diet will help take off extra pounds and assist with maintaining an ideal weight. My husband, Lee, has lost 40 pounds since going on this diet and has kept off unwanted fat. I have been able to maintain my ideal weight for many years since high school.

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