

Who's Eating Gluten-Free? More People Than You'd Think!

Explore green, gluten-free eating with delicious recipes from organic chef and nutrition expert **Leslie Cerier**

"Whether you come to this exploration of gluten-free grains out of necessity or just out of interest, you're about to engage in an adventure that will open the door to a whole new realm of cooking—one where your senses come alive with the flavors, colors, textures, and aromas of vibrant and healthful natural foods. If you've been thinking that a gluten-free diet means doing without, think again. There's a world of exciting ingredients to choose from. Embrace the possibilities!"

— **Leslie Cerier**, from *Gluten-Free Recipes for the Conscious Cook*



Organic Gourmet Leslie Cerier presents gluten-free, vegetarian recipes the whole family can enjoy!

Interest in gluten-free foods has surged as an increasing number of people have been diagnosed with celiac disease, an autoimmune disorder in which the lining of the small intestine is damaged from eating gluten and other proteins found in wheat, barley, and rye, or have discovered that they have a wheat allergy or sensitivity.



Those facing new dietary restrictions, take heart! A diet without gluten does not mean a diet without carbohydrates—far from it. People with wheat allergies can enjoy a wide variety of whole-grain foods, including pancakes and waffles, casseroles, pasta dishes, and pastries. ***Gluten-Free Recipes for the Conscious Cook*** (New Harbinger, \$17.95) introduces the reader to a hidden wealth of gluten-free whole grain flours and rice that can be used to create flavorful and delicious appetizers, breakfasts, lunches, dinners, and desserts.

Organic chef Leslie Cerier is a pioneer and national authority on wheat-free baking, the entire spectrum of whole grains, and cooking with wild foods. In addition to tantalizing and innovative recipes, her book offers fun and easy tips for:

- shopping green and using seasonal ingredients
- understanding nutrition basics
- incorporating fiber in your diet
- creating food combinations for complete proteins
- creating sauces, dressings, gravies, and other toppings that can enhance the flavor of any dish
- And, of course, delicious recipes!

"***Gluten-Free Recipes for the Conscious Cook*** is a fantastic, easy-to-follow cookbook that will open up worlds of healthy eating pleasure."

— **Christiane Northrup, MD**, author of *Women's Bodies, Women's Wisdom*

FOR AN INTERVIEW REQUEST or
MORE INFORMATION CONTACT:

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GLUTEN-FREE RECIPES FOR THE CONSCIOUS COOK

A Seasonal, Vegetarian Cookbook

by Leslie Cerier; Foreword by Kathie Madonna Swift, MS, RD, LDN
July 2010 / 978-1-57224-7376 / \$17.95 / 6 x 9 / 232 pages



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Raves for Leslie Cerier

“This is an excellent resource for those interested in gluten-free cooking. In fact, friends and family members will enjoy the recipes, as well.”

— **Annemarie Colbin, Ph.D.**, founder and CEO of the Natural Gourmet Institute in New York City and author of *The Whole-Food Guide to Strong Bones*

About the Author

Leslie Cerier, “The Organic Gourmet,” is a national authority on gluten-free cooking and baking. She cooks and teaches all over the United States and specializes in whole foods and organic cuisine.

The author of several cookbooks, including *Going Wild in the Kitchen*, Cerier is a chef, educator, environmentalist, photographer, and recipe developer, and is sought after by health professionals and private clients for her expertise in local, seasonal, organic cooking for health and vitality. She resides in Massachusetts.

Watch Leslie Cerier demonstrate recipes!

Visit www.lesliecerier.com

“Millions suffer needlessly not knowing their chronic illnesses, digestive problems, headaches, autoimmune diseases, joint pain, weight gain, depression, fatigue and more are caused by eating a staple in our diet — a little pesky protein called gluten... Leslie Cerier’s new cookbook opens a world of food wonder and delight, making gluten-free eating an inviting celebration of flavors, textures and colors. For anyone who wants to celebrate food while getting healthy and living lightly on the planet this cookbook is your guide.”

— **Mark Hyman, MD**, author of *UltraMetabolism: The Simple Plan for Automatic Weight Loss*

“If you think being gluten-free means eating a diet of white rice and starches, think again. Leslie Cerier’s innovative recipes show us just how broad, delicious, and healthy this regimen can be.”

— **Beth Hillson**, founder of Gluten-Free Pantry and food editor for *Living Without Magazine*

“With our health and the health of our planet in mind, Cerier has successfully created exquisite culinary sensations using grains, exotic rices, fruits, and vegetables.”

— **Tina Turbin**, contributing writer for the National Foundation for *Celiac Awareness*, *Awareness Magazine*, and other publications

“These wonderfully tasty recipes make it so much easier to get the daily requirements of whole grains that are so important to our gluten-free diet. Cerier offers a tantalizing array of main courses, breakfasts, sides, and sweets that are supremely satisfying. Every gluten-free kitchen needs a copy of this book.”

— **Carol Fenster**, president and founder of Savory Palate, Inc., and author of *1,000 Gluten-Free Recipes*

“In her inimitable style, Cerier presents a wealth of seasonal recipes for the gluten-free cook that are as flexible as they are healthy and delicious.”

— **Nava Atlas**, author of *Vegan Express* and *Vegan Soups and Hearty Stews for All Seasons*

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Recipes

Teff Pancakes with Goji Berries and Maca

For a real power breakfast, try these sweet, nutrient-rich pancakes, replete with superfoods. Coconut, maca, goji berries, and teff will give you a boost and get your day off to a great start. For a sweeter variation, use a little more teff flour and less maca.

Serves 4 to 6

4 eggs * 2 cups apple juice * 1/4 cup honey or maple syrup * 1/4 cup vanilla extract * 1 3/4 cups teff flour * 1/3 cup dried goji berries * 1/4 cup maca powder * 1 tablespoon baking powder * 1/2 teaspoon sea salt * Extra-virgin coconut oil, for frying

Whisk the eggs in a medium-size bowl. Stir in the juice, honey, and vanilla. Add the flour, goji berries, maca powder, baking powder, and salt and stir until well combined.

Heat some coconut oil in a heavy skillet or griddle over medium heat and brush it over the surface when it melts. Ladle the batter onto the hot pan to make pancakes of whatever size you like. Cook for about 2 minutes, until the tops are bubbly and the edges are dry. Turn the pancakes over and cook for about 1 more minute, until the bottoms are golden brown (if using ivory teff flour) or brown (if using brown teff flour). Serve immediately.

Variations: Swap dried cranberries, raisins, or other dried fruits for the goji berries. Replace the maca powder with another 4 cup teff flour, or 4 cup of any gluten-free flour. (If you use coconut flour, you may need to add a bit more liquid.)

Vegan Basil-Walnut Pesto

This pesto is thick, green, and so delicious that I guarantee you won't miss the cheese. Of course it's perfect on pasta, but also try it as a dip, spread, or tossed with hot cooked grains and vegetables.

Makes about 1 cup

1 cup walnuts * 4 cups tightly packed fresh basil leaves * 5 cloves garlic * 2 tablespoons extra-virgin olive oil * 2 tablespoons umeboshi vinegar

Put the walnuts in a food processor and grind to a coarse meal. Add the basil, garlic, oil, and umeboshi vinegar and blend until almost smooth. Taste and adjust the seasonings if desired.

Variation: Substitute pine nuts for the walnuts, or use a combination of sunflower seeds and walnuts.

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