



Indian Inspired Gluten-Free Cooking

Alamelu Vairavan, Margaret Pfeiffer

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According to the National Institute of Health, Celiac disease affects about 1% of people worldwide and many are finding relief by following a gluten-free diet. Most gluten-free diets are bland and restrictive, but Indian cuisine is a perfect alternative as it relies heavily on flavorful spices, rice, vegetables, dals and legumes. With more than 100 inspired recipes like “Mushroom and Green Pea Quinoa with Pistachios,” “Chickpeas with Ginger and Mango,” and “Chicken in Almond-Coconut Sauce,” this cookbook brings the rich flavors of Indian cooking to your gluten-free table.



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