



Gluten-Free on a Shoestring: 125 Easy Recipes for Eating Well on the Cheap

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Gluten-free cooking has never been this easy—or affordable! Tired of spending three times as much (or more) on gluten-free prepared foods? If you're ready to slash the cost of your grocery bill, you've come to the right place. In *Gluten-Free on a Shoestring*, savvy mom Nicole Hunn shows how every gluten-free family can eat well without breaking the bank. Inside this comprehensive cookbook, you'll find 125 delicious and inexpensive gluten-free recipes for savory dinners, favorite desserts, comfort foods, and more, plus Nicole's top money-saving secrets. Recipes include: Apple-Cinnamon Toaster Pastries • Focaccia • Spinach Dip • *Ricotta Gnocchi* • Chicken Pot Pie • Szechuan Meatballs • *Tortilla Soup* • Baked Eggplant Parmesan • Never-Fail White Sandwich Bread • Banana Cream Pie with Graham Cracker Crust • Blueberry Muffins • Cinnamon Rolls • Perfect Chocolate Birthday Cake

With advice on the best values and where to find them, meal planning strategies, and pantry-stocking tips, *Gluten-Free on a Shoestring* is your essential guide. Never fall victim to the overpriced, pre-packaged gluten-free aisle again. Roll on by—happier, healthier, and wealthier.

Gluten-Free on a Shoestring: 125 Easy Recipes for Eating Well on the Cheap Details

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Rebekka Steg says

Good for a debut, but it is clear that the author has become much better with experience and it is a shame about the lack of pictures.

*3.5 stars *

Jekka says

My son was diagnosed with a wheat allergy almost 3 years ago. Before this, I was an avid cook and bread baker as I learned many years ago that we needed to avoid artificial ingredients for this same child. I bought and used many gluten free cookbooks in the time following this diagnosis, but Nicole Hunn is by far my favorite gluten free cookbook creator. These recipes are so simple, straight forward, and cost effective that I go here first when looking for a recipe. I have now bought many of Hunn's cookbooks, and I have been impressed with the both the taste and texture of her gluten free creations. Her advice on which flours to use and how to create the best of flour blends were fabulous when I transitioned away from grinding my own wheat and into the realm of wheat-free cooking and baking.

I highly recommend this series of cookbooks for those starting a gluten free lifestyle.

Kelly says

I enjoy her recipes, but the book doesn't retain your attention very well. It is good for a quick glance.

Cassidy says

I always enjoy reading cookbooks. Never mind that I don't like to cook, somehow, by the time I get to the end, I'm always convinced that I'd be great at it. Then I get home, and it's late, and that microwave dinner doesn't sound that bad after all. Sadly though, I have to give up gluten and all of its glorious deliciousness. That means that soon, very soon, I'm going to have to learn how to really cook. Blech.

I thought I'd go all Paleo at first, but then I realized I needed food I might actually be able to make on a routine basis. Probably smarter to start with some of the recipes in this book, and with any luck, I won't totally starve.

Christine says

I love the Sweet and Sour chicken recipe! yummy! lots to be tried and revisited

Hana Curry says

Most of the recipes had too many step for my liking. I did save a few recipes that I'm curious to try, especially the savory olive oil crust and spinach pie.

Punk says

Nicole Hunn starts off this cookbook by giving nine tips for how to save money while on a gluten-free diet, but weirdly, *not* buying commercial gluten-free flour mixes (\$\$\$) isn't one of them, and in fact most of the recipes in this book call for "all-purpose gluten-free flour," though I can't see a place where Hunn recommends a brand, which is always very fishy. The recipes with flour also call for xanthan gum, which means whatever mix you use shouldn't already have gums in it.

Still, if it had more pictures, I might consider keeping it around, but there are less than ten photos for 125 recipes, though the few it has make the food look good, and I went ahead and made a copy of the scones and pizza dough just because they looked so nice in the pictures.

Maybe save your money even further and just visit Hunn's blog, *Gluten-Free on a Shoestring*, where everything still requires a flour mix, but at least she gives you recipes for mixes you can make yourself instead of purchasing them, plus everything has photos!

Samantha says

So far I have made pumpkin-carrot muffins and pumpkin granola cookies (which are actually from the author's blog this past week, but whatev) and also the apple crisp. All of them tasted great, but what really got me was the sandwich bread. My husband made it for me last night (cuz along with an aversion to cutting veggies, I also hate making bread). It is phenomenal. I used Better Batter, which is what the author uses and I've found I pretty much like everything using this flour. Maybe because it doesn't have garbanzo flour so it doesn't have a funky bean taste, I don't know. What's so good about this bread is that it didn't sink, it doesn't taste gummy, and it smells like my Grandma's. Heck, it even kind of tasted like Grandma's, albeit a little more dense. I borrowed this book from the library and as soon as I take it back, I will be purchasing my very first gluten free cook book. *GF on a Shoestring* for the win!

Update (10/31/11): I have now tried the sugar cookies and the perfect chocolate cake. Sugar cookies didn't quite turn out... the dough was sticky and I couldn't form shapes. I finally gave up and (with wet hands) rolled the dough into little balls, then flattened them with a fork like I do peanut butter cookies. Still tastes good! The cake on the other hand, absolutely freaking delicious.

Joyce L. Amato says

Lots of great recipes

I like the variety of recipes on this book. I was looking for mainly some traditional desert and comfort foods. I wish there were pictures in the digital version.

Jaime (Twisting the Lens) says

I am not a person who chooses to eat gluten-free, or has to eat gluten-free. I do, however, watch my carbohydrates and stick to a fairly regimented diet for health and fitness purposes. As anyone who is forced to stick to a diet that is gluten-free knows: it can be tedious, time-consuming, and pretty expensive. This book solves all those issues. The author cuts through all the extras associated with baking and cooking within the parameters of the gluten-free world by noting that it is alright not to buy several different flours and sugars, etc. in order to get one recipe that works. She also makes it easy to throw a recipe together and have a tasty result in hardly any time.

This is a great resource for the gluten-free dieter who does not want to devote their life to seeking out crazy recipes, who only has a limited amount of time (moms and working people: take note!), and also those who may not have access to Whole Foods or other natural/organic/health markets. I live in the rural Midwest, and I can actually find everything in these recipes at my local Kroger and Meijer stores. This is a must-have resource for those tired of the tedious world of gluten-free or those just starting out. Yes, a few more pictures would be nice, but the content far outweighs my need for visuals.

Finally: Gluten-free made easy- AND delicious!

else fine says

I just now pulled a crusty, flavorful, tender loaf of gluten free bread out of my oven. I could have cried. And it's thanks to this book here.

I've previously bitched about gluten free cookbooks that were either a) gross or b) weirdly complicated. Most cookbooks I've seen have either been written by nutritionists (boring, complicated, strange reliance on powdered gelatin) or require a professional kitchen to pull off. Here is - finally - a useful, simple gluten free cookbook. No weird admixtures or expensive ingredients, no overly complicated steps. After the awesome way the sandwich bread turned out, I am really looking forward to cooking my way through the rest of the recipes (cream puffs!! bagels!! cheese crackers!). I may never buy a mix again.

Carole (Carole's Random Life in Books) says

When my daughter was diagnosed with Celiac Disease, I was lost. What would we eat? What could we eat? I spent tons of money at the stores on food that was not as good as the gluten filled versions. I found this blog and quickly bought the cookbook. I made the decision that if I could not buy good tasting gluten free food....then I would have to make it myself. I jumped right in and ordered a 25 pound bag of Better Batter and went to work. Nicole does use a gluten free flour blend and recommends Better Batter for her recipes. I have used this type of flour in the recipes and everything has been great.

The popover shown on the cover frequently show up on my dinner table. Some of our other favorite recipes are the buttermilk biscuits, flour tortillas, chicken and dumplings, pizza crust, and dinner rolls. I usually make a double batch of the buttermilk biscuits and freeze them for quicker meals when needed.

As far as the money saving advice in the book, I don't think there is really anything new found here. Basically if you cook instead purchasing ready made items....you will save money. This book was the first book that made me believe that I could make delicious food that happens to be gluten free. Now when I make something new and my family eyes me suspiciously, if I tell them that I got the recipe from Gluten Free on a Shoestring they are eager to try it.

Michelle says

I have been gluten free for almost two years now. And until I ran across this it was ridiculously expensive, I have celiac disease, gluten allergy and an allergy to most crops (wheat, oat etc that can contain smut mold). In addition, my husband is allergic to all tree nuts, peanuts, oats, cherry.... And the list goes on. So between the two of us eating is tough. While this book did not fit all out combined needs it only needed minor adjustments to fit our lifestyle and our wallets. It helped us realize that while eating for our dietary needs is more expensive there are lots of ways to cut down o. Costs.

Correen says

It may have been a very helpful book for others. I did not need the advice section and I found no recipes that were helpful for me. The book was attractive, well organized, and seemed good, but not for me.

Alicia Bayer says

My husband got me this cookbook as a present since I've been wanting it for a while. There seem to be a lot of basic, easy recipes for tasty foods but I have a few major problems with it.

1. Every recipe calls for Better Batter flour or an all purpose GF flour mix. There are no recipes at all for making your own basic GF flour mix. If you truly want to make GF foods "on a shoestring," you cannot get any more frugal than mastering a few basic mixes for breads and general cooking. If you look at the author's blog, you'll see that Better Batter is one of her sponsors/advertisers and I suspect this is the reason she always recommends them instead of posting a good flour recipe of her own to really save money.

2. The author admits that many folks who are GF have to eat dairy-free too (and she said her family did in the beginning), but the recipes are heavily dependent on dairy. She says to just swap non-dairy substitutes for dairy, but lots of the recipes call for ingredients like ricotta, sour cream, butter and whole milk. She specifies often that low-fat milk is okay but not no-fat, and that leaves me mystified as to whether non-dairy milks will work, since most of them don't contain fat.

3. The author doesn't really seem to understand frugal living, even though the premise of the book is supposed to be "eating well on the cheap." She comes across as almost snobby in the section on what kitchen equipment you need. She says she has Le Creuset pans, which are VERY expensive. She says a "serviceable" food processor should cost "no more than \$150." What? You can easily get a perfectly good food processor for less than a third of that. Her favorite knife was \$75, her favorite pan was \$85... I'm not sure why she felt the need to tell us how expensive all of her kitchen tools were when the book is supposed to be about being frugal. Then for non-dairy substitutes she recommends a particular brand of "vegan gourmet" cheese, and I'm pretty sure if I look that up it's not going to be very cheap either.

I can't comment on the recipes yet, since I don't have any all-purpose flour mixes and am not sure which of my homemade mixes to use. I've found that some types of flours work better for some types of foods than others and they don't seem to be interchangeable, even though she uses the same BB flour for every recipe in her book. The recipes do look very easy, so I have hopes that once I figure out what to use for a basic mix I'll be able to make them work for me.
