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The Gluttonously Gluten Free Cookbook

Daphne Smith

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For our family, meals have always been a time to come together, break bread and converse. When Lyme disease forced me onto the gluten-less route, and I could no longer share favorite meals with my kids, I felt like an integral part of my home life had been taken away. Food prep changed, from a relaxing activity that I looked forward to, to a chore that I dreaded. After months of making one dinner for my family and then a separate dinner for myself, it dawned on me that I was nourishing my body but starving my soul. Slowly, our mealtimes, which had once been filled with lively banter, deteriorated. I was not fostering the conversation, because I felt deprived; I had to somehow retake the helm and steer toward normalcy. The best route back to normalcy was to learn to create meals I could eat alongside my family. Just as I was beginning to experiment with family-friendly gluten free recipes, Tom graduated from the Savannah College of Art and Design, with a degree in graphic design and a newfound passion for cooking. Together we changed the game, creating tasty meals that the whole family could enjoy together–Bangin' Blueberry Scones, Country Fried Chicken, Poppin' Popovers, and Better Than Traditional Apple Pie, to name a few. Mealtime rebounded and our family was once again enjoying mealtimes, replete with great food and heartfelt conversations. As Tom and I added to our trove of recipes through months of trial and error, we noticed that, while there are numerous gluten free cookbooks on the market, there are not many that espouse home-cooked family meals. Thus, Gluttonously Gluten Free was born. Whether you are gluten free by choice or for health reasons, this artfully rendered cookbook, with its delicious, family-friendly recipes, will help you to break bread with your loved ones again.

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