



Delicious and Easy Rice Flour Recipes

Marion N. Wood

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By Marion N. Wood, Globe, Arizona. With a Foreword by Margaret B. Salmon. Eleven years of experience in rice flour cookery are gathered in this gluten-free recipe book. Wheat, rye, barley and oats are completely eliminated. Whole brown rice flour, rice polish, rice bran and soya flour supplemented with potato flour and corn meal are provided instead. "How-to" techniques along with ease and speed in handling and preparation are emphasized with each recipe. All of these are developed within the framework of the medically prescribed diet. Besides supporting a highly nutritious diet, the recipes delight dieters and nondieters alike.

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