

The Compleat Guide to Yeast-free

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Recipes for a Yeast-free Diet

RECIPE	SUITABLE FOR				
	Yeast-free	Gluten-free	Dairy-free	Wheat-free	Sugar-free
BREAD					
Buckwheat & Polenta Loaf	YF	GF	DF	WF	SF
Herbed Corn Bread	YF	GF	DF	WF	SF
SOUPS & STARTERS					
Cinderella's Soup		GF	DF	WF	SF
Lamb Shank & Vegetable Soup	YF	GF	DF	WF	SF
Parsnip Soup	YF	GF	DF	WF	SF
Leek & Potato Soup	YF	GF	DF	WF	SF
MAIN COURSES					
Deb's Frittata	YF	GF	DF	WF	SF
Crunchy Crumbed Chicken Fillets	YF	GF	DF	WF	SF
SALADS					
Deluxe Potato Salad	YF	GF	DF	WF	SF

Warm Lentil & Capsicum Salad	YF	GF	DF	WF	SF
<i>CAKES & MUFFINS</i>					
Best Blueberry Muffins		GF	DF	WF	
Choc-Sultana Muffins		GF	DF	WF	
Spicy Fruit Muffins		GF	DF	WF	
Mandarin Cake		GF	DF	WF	
Moist Orange & Almond Cake		GF	DF	WF	
<i>DESSERTS</i>					
Nine Secrets to Fabulous Gluten-free Pastry					
Cog Wheel Fruit Pie		GF	DF	WF	
Rich Chocolate Dessert Cake		GF	DF	WF	
Petit Chocolat a l'Orange		GF	DF	WF	
Grandma's Rice Pudding		GF	DF	WF	

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