

Stilton Literary Agency



The Big Gluten Free Cookbook

Original title: Den store glutenfrie kokeboka
Publisher: Frisk Forlag 2021
Non Fiction / Cookbook/Health/Lifestyle

Tempting gluten-free recipes for everyday food

- Everything you need to know about gluten-free cooking
- 125 delicious and thoroughly tested recipes
- 304 pages of inspiration and temptation
- Special recipes for “junior chefs”

In this book you will find all the tips and recipes you need to easily prepare delicious gluten-free food that is just as flavorful and appetizing as the food you are used to – if not more so! These are meals the whole family can eat together, with no need for extra time and preparation, and without tons of expensive specialty ingredients.

We know that eating gluten free requires an adjustment to your diet. Essentially, it means switching out some of the ingredients you are used to and preparing your food in secure, gluten-free zones. You may need to start making more food from scratch than you normally do, and this can require a bit more planning, but tends to be both healthier and more delicious. We are here to share all our experience and smart tips so that your transition can be as easy as possible.

Elisabeth and Yiannis (who is a trained chef) are obsessed with food and started the blog Pappa uten gluten after their son was diagnosed with celiac disease. After several years of diligent testing, they published the book Den store glutenfrie kokeboka (The Big Gluten-Free Baking Book).

Yiannis Filolias and Elisabeth Carlsen

Authors Elisabeth and Yiannis have a son who was diagnosed with celiac disease. Yiannis is a trained chef and decided that his son would have his cake and eat it too. After several years of testing and publishing recipes, they have collected their all time favorites in this baking bible.

Other titles

The Big Gluten Free Baking Book (2019)