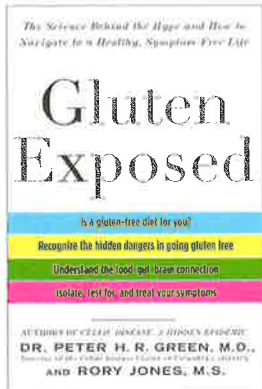


Santa's Bookshelf

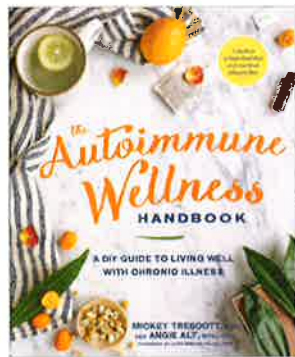
Medical Expertise



GLUTEN EXPOSED: The Science Behind the Hype and How to Navigate to a Healthy, Symptom-Free Life

Dr. Peter Green, director of the Celiac Disease Center at Columbia University, and co-author Rory Jones explain that gluten may not be the issue for everyone jumping into the gluten-free diet. This book shows that the culprit may be other problems, infections and illnesses of the gut's microbiome.

William Morrow, \$25.99

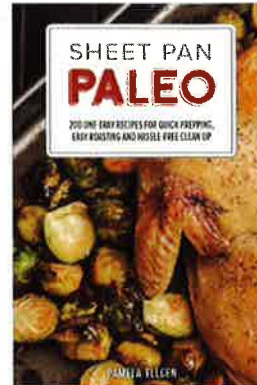


AUTOIMMUNE WELLNESS HANDBOOK: A DIY Guide to Living Well with Chronic Illness

Mickey Trescott and Angie Alt of autoimmune-paleo.com had us hooked with their assertion, "It's possible to live vibrantly in the face of autoimmune disease." Their book addresses mental and physical recovery from autoimmune diseases and includes helpful diets, recipes and meal plans.

Ricicle Books, \$25.99

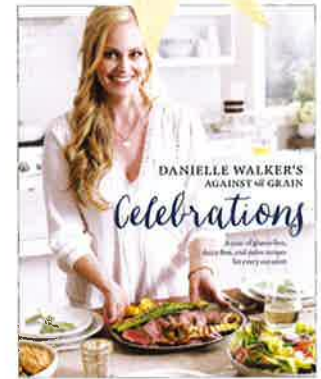
Grain-Free



SHEET PAN PALEO: 200 One-Tray Recipes for Quick Prepping, Easy Roasting and Hassle-Free Clean Up

This book by Pamela Elgen has 200 simple recipes designed to be made on one sheet pan with little prep time and easy clean-up. Look for Elgen's upcoming *Cast Iron Paleo* book with the same quick and easy theme.

Ulysses Press, \$15.95



DANIELLE WALKER'S AGAINST ALL GRAIN CELEBRATIONS: A Year of Gluten-Free, Dairy-Free, and Paleo Recipes for Every Occasion

This book is the newest gem by Danielle Walker of *Against All Grain*. Here she gives gluten-free, dairy-free, paleo recipes for celebrations from Christmas dinner and New Year's Eve to birthday parties and bridal showers. Don't miss her epic Thanksgiving menu!

Ten Speed Press, \$35

Gluten-Free & Vegan



THE BEST HOMEMADE VEGAN CHEESE & ICE CREAM RECIPES

This book by Marie Lafore will keep you busy crafting a huge variety of vegan cheese—all made without gluten. While a few recipes in the ice cream section call for glutinous flour, you can easily use gluten-free alternatives.

Robert Rose, \$19.95

VEGAN BOWL ATTACK: More than 100 One-Dish Meals Packed with Plant-Based Power

Most of the recipes in this new book by Jackie Sobon of the Vegan Yack Attack blog are naturally gluten-free or use gluten-free flour. Those recipes not labeled gluten-free can be made safe by making safe substitutions. This book explores everything from appetizers, bowls and entrées to desserts—all free from dairy and eggs.

Fair Winds Press, \$22.99

DELICIOUSLY ELLA EVERY DAY: Quick and Easy Recipes for Gluten-Free Snacks, Packed Lunches, and Simple Meals

We can't get enough of Ella Woodward's latest book. These plant-based recipes—for breakfast breads, smoothies, snacks, vegetable-based sides and main entrées for every day—are free from gluten, dairy and refined sugar.

Scribner, \$23

