

# GLUTEN-FREE AND TASTY



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Bread  
Muesli  
Pizza, pies and pancakes  
Baked  
Desserts  
Sweets and pastries

## Glutenfritt är gott

Martin Svensson

185 x 190, 128p

*In 2005, author Martin Svensson discovered that his son Colin was allergic to gluten. That meant a lot of changes for the family and it soon transpired that the availability of gluten-free foods was one of the problems.*

The vacuum-packed gluten-free bread and cakes on the shelves in the supermarket were not a good alternative. Colin didn't like them and that meant he stopped eating bread – and Martin couldn't blame him for that. He himself wouldn't voluntarily eat those products either.

Because of this, Martin learnt how to bake gluten-free bread. It turned out to be both more fun and easier than he had expected – and the result was that the whole family started eating home-baked bread without gluten. They actually discovered that they feel better with that diet.

In the US, more than one fifth of the population buys – for various reasons – gluten-free products. Between 2008 and 2012, the availability of gluten-free products in shops has increased by 28% per year. Many companies have climbed onto the bandwagon, and everything points to a continued increase in the availability of gluten-free bakery products in shops, and towards a growing awareness of the benefits for people's health in general with a gluten-free diet.

Gluten intolerance is a public-health problem which is being given all the more attention, and as more and more people are diagnosed as being gluten-intolerant the need for gluten-free bread increases. In that context, this book has an important function as a source of inspiration.

*Gluten-free and tasty* is the book for families with one or more members who are allergic to gluten. It is also the book for all those who want to learn how to bake healthy and tasty bread!



## About the author:

**Martin Svensson** has previously published *Knacka tre gånger – och andra spökhistorier* (2012) with Känguru. Lind & Co has also published his novels for adults: *Hej! Mitt namn var Elton Persson* (2007) and *Din heder* (2009). In the spring of 2013 he published *Min första bakkok* [My first book of baking].

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