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Frann Leach Aims to Satisfy Demand for Easy and Tasty Gluten-free Recipes by Releasing *Gluten Free-Easy - Easy Recipes that are Gluten-free (not Taste-free)* at Lulu.com

EDINBURGH, UK-SEPTEMBER 28, 2007- Edinburgh-based author, Frann Leach brings magically easy but tasty gluten-free recipes to the world with the publication of *Gluten Free-Easy - Easy Recipes that are Gluten-free (not Taste-free)* in conjunction with Lulu (www.lulu.com), a premier online marketplace that provides a platform for people to create, buy, sell and control digital content on demand.

The number of people suffering from coeliac disease and other forms of gluten intolerance seems to be growing day by day. *Gluten Free-Easy - Easy Recipes that are Gluten-free (not Taste-free)* is a step-by-step guide to cooking tasty meals without gluten. Carefully tested for flavour and easy cooking, the recipes are thoughtfully laid out so that there's no need to turn a page in the middle of cooking. This edition includes nearly 300 recipes, all completely gluten-free - 114 of them selected for children. All ingredients are quoted in metric, Imperial and American quantities.

Frann compiled *Gluten Free-Easy - Easy recipes that are Gluten-free (not Taste-free)* because she wasn't happy with the very limited selection of (often, quite frankly, nasty) gluten-free products available in her local stores and needed recipes that were worth serving up to friends and family, and that weren't hard work, either to cook - or to eat!

"I'm really happy that Amazon are stocking my book," she said, "because it means it's easy for people to get hold of. I hope it will be helpful to lots of people like me, who have problems with gluten in their diet."

Link to Publication*: <http://stores.lulu.com/tiggysy>

ABOUT AUTHOR

Frann Leach owns and runs several health-related websites, including www.The-Health-Site.com and www.GlutenFreeDietBook.com.

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Founded in 2002, Lulu is the world's fastest-growing print-on-demand marketplace for digital do-it-yourselfers. Please see www.lulu.com for more information.

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MEDIA CONTACT: Frann :Leach, frann@frannleach.com, +44 (0)7713 881116.