

Delight gluten free

delightful food • delightfully fun

SUMMER 2012

Sweet & Delicious
Cooking with Watermelon

Fresh Farm Picked
Crisp & Cool Cocktails

Summer Fun!
BBQ, Picnics & Pies!

Celebrity Profile
Chef Ming Tsai

Frozen Summer Treats!

Black Currant Fro-Yo



More than
70
delightful
recipes inside!

Mrs. United States Shannon Ford
dishes on her gluten-free life!



\$5.95US \$5.95CAN

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www.delightglutenfree.com