



## Gluten-Free in Lizard Lick: 100 Gluten-Free Recipes for Finger-Licking Food for Your Soul

By Amy Shirley

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Gluten-Free in Lizard Lick: 100 Gluten-Free Recipes for Finger-Licking Food for Your Soul, Amy Shirley, The star of truTV's hit show Lizard Lick Towing joins with the owner of the acclaimed gluten-free Blackbird Bakery to create amazingly tasty gluten-free versions of beloved Southern classics. Amy Shirley, champion power lifter, mother of four, and the star of the hit television reality show Lizard Lick Towing is one tough mother. But this strong woman who can deadlift 450 pounds was nearly licked by a gluten allergy. A born and bred Southerner, Amy wasn't about to give up the mouthwatering favorite foods-pork on soft white buns, fluffy biscuits, mile-high pancakes, and famous layer cakes and flaky pies-she's always loved. Instead, she learned to improvise, transforming beloved Southern mainstays into delectable down-home gluten-free meals. Pairing with one of the most cutting-edge gluten-free chefs in America today, Karen Morgan, the founder of the gluten-free bakeshop, Blackbird Bakery out of Austin, Texas, Amy now brings gluten-free favorites to every kitchen. Gluten-Free in Lizard Lick includes 100 recipes for the classics that feed our souls-North Carolina breakfasts, Southern lunches, snacks, suppers, and desserts. Indulge in irresistible fare made...



**READ ONLINE**  
[ 8.75 MB ]

### Reviews

*Unquestionably, this is the best operate by any article writer. It is really basic but surprises from the 50 % of the ebook. I realized this ebook from my i and dad suggested this ebook to discover.*

-- **Kacie Schroeder**

*This pdf could be well worth a read through, and a lot better than other. It is amongst the most incredible publication i have got read through. I discovered this book from my dad and i recommended this publication to discover.*

-- **Sadye Hilll**