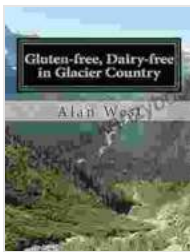


Gluten Free Dairy Free In Glacier Country

A Complete Guide to Eating Well in Montana's Glacier National Park and Surrounding Areas

Are you planning a trip to Glacier National Park and have dietary restrictions? Don't worry, you can still eat well in Glacier Country! This book is your complete guide to eating gluten-free and dairy-free in the park and surrounding areas. It includes over 100 recipes, restaurant recommendations, and tips for finding gluten-free and dairy-free food in the park and surrounding towns.



Gluten-free, Dairy-free in Glacier Country

★★★★★ 5 out of 5

Language : English

File size : 20514 KB

Print length : 96 pages



In this book, you'll find:

- Over 100 gluten-free and dairy-free recipes, including breakfast, lunch, dinner, snacks, and desserts
- Restaurant recommendations for gluten-free and dairy-free dining in Glacier National Park and surrounding areas
- Tips for finding gluten-free and dairy-free food in the park and surrounding towns

- A comprehensive guide to the gluten-free and dairy-free options available at the park's restaurants and concession stands
- And much more!

Whether you're a seasoned gluten-free and dairy-free traveler or you're just starting out, this book has everything you need to plan a delicious and safe trip to Glacier National Park.

Chapter 1: Recipes

This chapter includes over 100 gluten-free and dairy-free recipes, including breakfast, lunch, dinner, snacks, and desserts. All of the recipes are easy to follow and use simple ingredients that you can find at most grocery stores. You'll find recipes for everything from hearty breakfasts to quick and easy lunches to satisfying dinners. And of course, there are plenty of delicious desserts to choose from!

Here are a few of the recipes you'll find in this chapter:

- Gluten-Free Dairy-Free Pancakes
- Gluten-Free Dairy-Free Waffles
- Gluten-Free Dairy-Free Oatmeal
- Gluten-Free Dairy-Free Yogurt
- Gluten-Free Dairy-Free Granola
- Gluten-Free Dairy-Free Breakfast Burritos
- Gluten-Free Dairy-Free Quesadillas
- Gluten-Free Dairy-Free Sandwiches

- Gluten-Free Dairy-Free Wraps
- Gluten-Free Dairy-Free Salads
- Gluten-Free Dairy-Free Soups
- Gluten-Free Dairy-Free Casseroles
- Gluten-Free Dairy-Free Desserts

Chapter 2: Restaurant Recommendations

This chapter includes restaurant recommendations for gluten-free and dairy-free dining in Glacier National Park and surrounding areas. The restaurants listed in this chapter have been personally vetted by the author to ensure that they offer a variety of gluten-free and dairy-free options. You'll find restaurants for all budgets and tastes, from casual cafes to fine dining establishments.

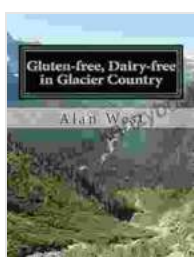
Here are a few of the restaurants you'll find in this chapter:

- The Boat House Restaurant (Apgar, MT)
- Eddie's Cafe (St. Mary, MT)
- Glacier Park Lodge (East Glacier, MT)
- The Lodge at Whitefish Lake (Whitefish, MT)
- Montana Coffee Traders (Columbia Falls, MT)
- Park Cafe (Glacier National Park, MT)
- The Red Lion Inn (Glacier National Park, MT)
- Rising Sun Motor Inn (Rising Sun, MT)

- Swiftcurrent Motor Inn (Many Glacier, MT)
- The Village Cafe (Whitefish, MT)

Chapter 3: Tips for Finding Gluten-Free and Dairy-Free Food

This chapter includes tips for finding gluten-free and dairy-free food in Glacier National Park and surrounding areas. You'll learn how to read food labels, ask the right questions at restaurants, and find gluten-free



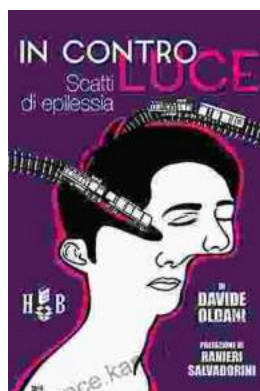
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Book Review: In Contro Scatti Di Epilessia

In Contro Scatti Di Epilessia Author: Elisa Serafini Publisher: Postcart Edizioni Publication Date: 2019 ...



The Little Red Book of Running: A Comprehensive Guide to the World's Most Popular Sport

Running is one of the most popular sports in the world. It's a great way to get fit, lose weight, and relieve stress. But if you're new to...