

Wednesday

Mountaineer

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Meet the gluten-free guru tonight

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Eco-entrepreneur and gluten-free guru Elana Amsterdam is the founder of elanaspantry.com, a website with close to a million views per month, where she shares weekly recipes, ingredient selections and meal-planning tips with her readers.

In her new book "The Gluten-Free Almond Flour Cookbook," Elana Amsterdam offers ninety-nine family-friendly classics, from pancakes to eggplant parmesan to chocolate cake, using her gluten-free ingredient of choice, almond flour. Elana's



recipes reflect her dedication to creating meals that celebrate the natural wonder and abundance of Mother Nature.

Amsterdam will be showcasing the book tonight at the Bookworm in the Riverwalk at Edwards, where the community is invited to try some of Elana's best recipes and learn how you can recreate them for your family.

The event begins at 6 p.m. The cost is \$25 and includes wine, appetizers and a donation to Elana's favorite Vail Valley charity, the Gore Range Natural Science School.