



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

*Amy Shirley*

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**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 with healthy substitutes so delicious, you won't know they're gluten free. Here are tips, tricks, and insights, as well as thirty-two pages of color photos and everyday recipes for Southern comfort food that will help your family feel better, be fitter, and still enjoy the homemade foods they love.

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