



## FOR IMMEDIATE RELEASE

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### **Author Nerissa Oden Speaks on Gluten-free and Grain-free Bread at the Library**

**New Braunfels, TX** – Nerissa Oden, author of *Bread-free Bread*, will offer tips on baking healthy bread using wholesome ingredients in place of flour during a talk at the New Braunfels Public Library on Saturday, November 8th at 3:00 p.m.

Ms. Oden’s recently published cookbook presents a vast array of breads made by blending vegetables with flaxseeds, pumpkin seeds, spices, and other natural ingredients. She will offer samples of her breads, whose healthy ingredients should have particular appeal to those with sensitivity to gluten and grains and those who are limiting their intake of refined sugar.

“Nerissa Oden will be sharing some creative, wholesome baking recipes and tips that could help our patrons lead healthier lives,” said Library Director Gretchen Pruett. “Anybody with food sensitivities will find this program enlightening and helpful.”

For more information about this event contact Alix Samuels at 830-221-4316.

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