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Brenda Flaherty

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The Only Limit To Making Gluten-Free Recipes With Soul is Your Imagination

The 39 appetizing recipes found in this book will help you enjoy a gluten free lifestyle by teaching you how to cook with healthier alternatives such as beans, rice, polenta and quinoa. Incorporating these gluten free ingredients into your dishes and combining it with nutritious vegetable side dishes will definitely keep your stomach full and your digestion worry-free.

Moreover, medical studies have proven that adopting a gluten free diet can eliminate serious medical conditions such as celiac disease, diabetes, auto-immune diseases, allergies and irritable bowel syndrome. This proves that eliminating traces of gluten from our food will help us achieve better health and a longer, more energetic life.

Gluten free kitchen contains the most delicious and healthy ingredients that can be made into scrumptious dishes that are stomach-friendly. Foods such as vegetables, fruits, lean meats, beans, rice, quinoa, polenta and gluten free dairy are used to create the most budget-friendly and delectable meals. Moreover, an assortment of gluten free products is currently available in health stores that allow people to have options and variety in meal preparation.

We only have one body and it is our duty to take care of it. Change the way you prepare meals and experience the benefits of gluten free eating. This book will show you that the best tasting food comes from the healthiest and most natural ingredients that are readily available in your local market or grocery.

Here Is A Preview Of What You'll Learn...

- The Wonders of Gluten Free Eating
- The Gluten-Free Dieter's Shopping List
- Vegetables, Rice, Polenta, Beans and Quinoa: ESSENTIAL STAPLES IN A GLUTEN FREE DIET
- Savory Gluten Free Vegetable Side Dishes

- Enticing Gluten Free Rice Dishes
- Delectable Gluten Free Polenta Meals
- Savory Gluten Free Bean Dishes
- Scrumptious Gluten Free Quinoa Meals
- Much, much more!

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Linda Williams:

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Dwight Bailey:

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