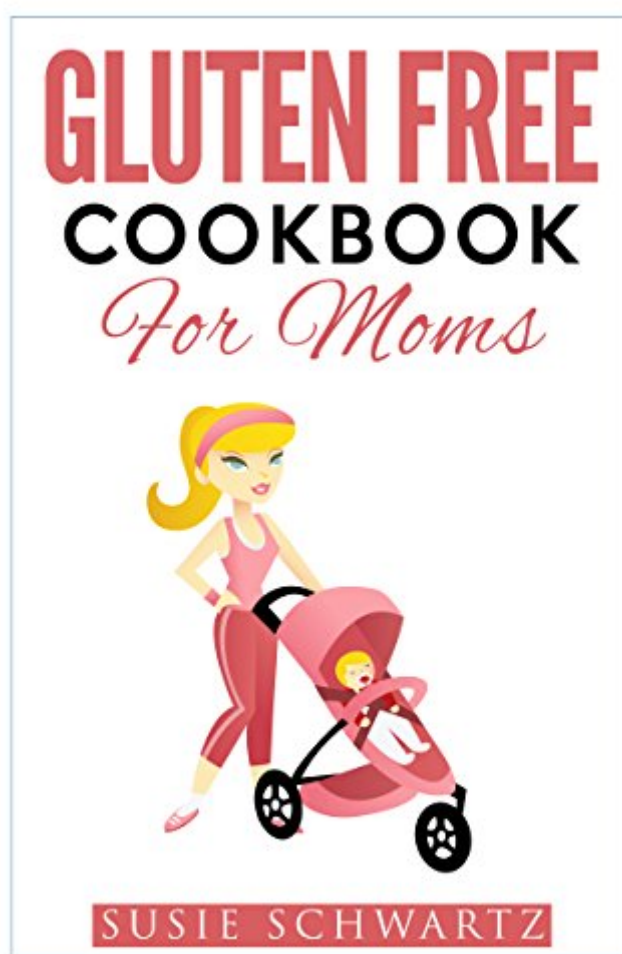


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Synopsis

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File Size: 919 KB

Print Length: 154 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 18, 2015

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00ZZ97B94

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #470,039 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #119

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Customer Reviews

I just love this book. It starts of first by explaining what a gluten-free diet is and what gluten actually is. It goes further down to give a short list of food which contains this protein called gluten. It tells you the different class of people who follow a gluten-free diet like people who suffer from celiac disease. It talks about baking without gluten and its challenges and goes further more to give tips for baking gluten-free. This book contains a total of 75 baking recipes that are certified gluten free that are a lot more healthy than other wheat-based pastries. It also talks in details on organic food and their benefits.

I'm not a mom yet but nevertheless. I found many interesting and new ideas in this book. The recipes are original and not very difficult in cooking. When I see my favourite food in them, I'm eager to cook these tasty things. If you're looking for the recipes of really delicious dishes, this book is for you.

A great book for gluten free recipes and easy to follow and make. This cookbook covers all meals with great recipes! I highly recommend this book to people on a tight budget. Big book, lots of content. Good value.

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