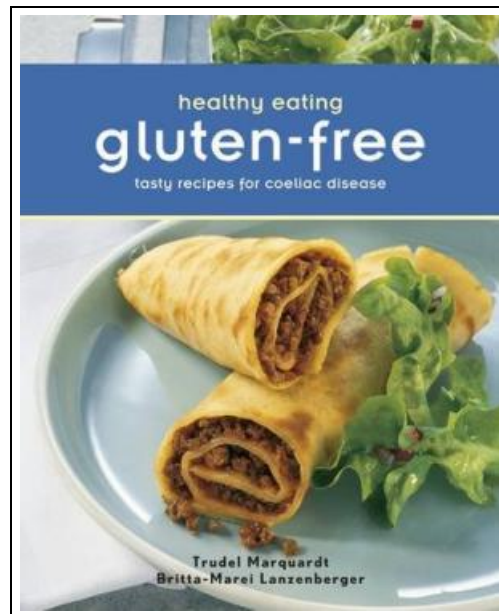


Healthy Eating: Gluten Free: Tasty Recipes for Coeliac Disease



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HEALTHY EATING: GLUTEN FREE: TASTY RECIPES FOR COELIAC DISEASE



New Holland Australia. Paperback. Condition: New. 132 pages. Coeliac disease is particularly common among children, but adults can also develop a sudden intolerance to grains. The exact reasons for this remain unclear. The only treatment is a life-long diet. This easy to follow healthy-eating guide will help you answer any questions you may have about gluten-free food, offering tips and tricks for successful, tasty, -free cooking and baking. Healthy Eating Gluten-Free will show you how to conjure up the best meals, even without. The manufacturer information in the ingredient lists will make it easier for you to choose products. All recipes are guaranteed to be gluten-free, varied and, most importantly, tasty so you can enjoy them without worrying. The range of soups and sauces, baked items, sweet treats, delicious cakes, as well as mains, will soon convince you and your family that you can do gluten free when cooking. You'll quickly notice how easy it is to integrate a gluten-free diet into your everyday life. Simply replace a few of the food in your pantry with gluten-free ingredients which perhaps you have never used before. (Britta-Marei Lanzenberger and Trudel Marquardt) This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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