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Gloriously Gluten Free

By Susanna Booth

Hachette Australia, 2017. Paperback. Condition: New. 1. About 1 in 100 people have coeliac disease, a lifelong autoimmune condition caused by intolerance to gluten that requires avoiding wheat, barley, rye and oats, but in this age of "clean living" and health-conscious eating many more choose to avoid gluten as part of a healthy lifestyle. SIMPLY GLUTEN FREE contains over 100 delicious gluten-free recipes for family and friends, and includes cheats, swaps and dietary advice that will make going gluten-free easy and appealing. Recipes include Honey Roast Granola; Cinnamon Spiral Buns; Coconut & Lime Chicken Curry; Pizza Margherita; Swedish Meatballs; Ham Croquetas; Cherry Clafoutis; Hot Chocolate Pudding; and Gluten-free Ice Cream Cones. Paperback.



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Reviews

Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and I suggested this book to find out.

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