



## Fabulously Gluten-Free - Tasty Sweet Savory Bread Recipes: Yummy Gluten-Free Ideas for Celiac Disease and Gluten Sensitivity (Paperback)

By Fabulously Gluten-Free

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Eating wheat and other cereals is so deeply anchored into our Western culture, it is hard to imagine life without it. After all, wheat is in everything, including Grandma s dumplings and Mom s famous maccheese. Yet, we are currently finding out that a large proportion of the population is unable to properly digest a protein found in wheat, barley and rye - gluten. For these people, eating gluten causes a host of health problems. Is it possible to eat gluten-free and still enjoy homemade meals that Mom and Grandma would be proud of? Certainly. Have a look at these 30 delicious gluten-free recipes and we guarantee you won t miss the gluten. This cookbook contains 30 celiac-friendly gluten-free recipes.

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