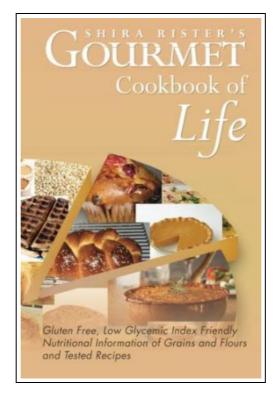
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Reviews

Extremely helpful for all group of men and women. it absolutely was writtern extremely perfectly and valuable. Your way of life span will be transform when you complete looking at this ebook.

(Prof. Trever Torphy)

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Xlibris, Corp. Paperback. Condition: New. 162 pages. Dimensions: 8.9in. x 5.9in. x 0.5in.ABOUT THIS BOOK This is a gourmet cookbook that is safe and enjoyable for persons with celiac disease and glucose intolerance. Most of the recipes are high in complex carbohydrates and have low glycemic index. Coconut sugar, a natural sweetener, is lowest in glycemic index and safe for the diabetic. I use olive oil, no cow milk, and all natural ingredients, and no gluten flours or grains. Many recipes are vegan and dairy-free and vegetarian and full of flavor. I have included a complete nutritional evaluation of every grain, flour, sweetener, and most of the ingredients that are in all the recipes. The recipes include breads, pizza crusts, waffles, and pancakes, Jewish holiday foods, ethnic dishes, main dishes, pies, and cakes. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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