



Gluten Free Bread: 100 Wheat Free Bread and Baked Goods Recipes: Gluten Free Cookbook

By Gina The Veggie Goddess Matthews

Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Gluten Free Bread: 100 Wheat Free Bread and Baked Goods Recipes. An estimated 18 million people, or 6 of the population is gluten sensitive. Whether you ve been diagnosed with celiac disease, gluten sensitivity or intolerance, specific food allergies or just plain don t feel good after eating certain foods, following a gluten-free, wheat free diet can radically change your health for the better. Unfortunately there is no cure for gluten intolerance or celiac disease. The only thing you can do is stay away from gluten. In other words, just don t eat it! I m not going to go into a long explanation of gluten and health, as there are plenty of very good gluten-free books and information available on the internet for that. However, the epidemic of gluten intolerance cannot be ignored, and that is why I embarked on creating a gluten-free cookbook, so that you are still able to prepare and eat the foods you and your family enjoy, but with some easy ingredient modifications so that your health and well-being are not compromised. And,...



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