

The No-gluten Cookbook - Kimberly A. Tessmer

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If you have a gluten allergy, or know someone with one, then you know that it is extremely difficult to live with a gluten intolerance. Not only is it a trial to find foods that are safe to eat, it is ten times harder to find foods that are healthy, gluten-free, and appeal to the whole family! The No-Gluten Cookbook is here to help you solve these problems and more, with such breakfast, lunch, dinner and snack offerings as:

Shrimp and Lobster Salad; Fresh Tuscan Tomato Soup; Spicy Cornbread Stuffed with Chilies; Chocolate Mint Swirl Cheesecake with Chocolate Nut Crust; and more. Having a gluten allergy does not mean you

have to sacrifice fine dining! With more than 200 delicious, gluten-free recipes to choose from, you'll start

to see your diet restrictions as benefits, rather than deprivations! Author: Tessmer, Kimberly A. Publisher:

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