



Wheat-free Gluten-free Recipes for Special Diets

Connie Sarros

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This is a cookbook for those with special dietary restrictions including: Celiac Disease, Diabetes, Autism, Low Sodium, Vegetarian, Vegan, Kosher

and/or allergies to:

Corn, Dairy, Eggs, Peanuts, Soy, Tree Nuts, Yeast

Adjustments are also included for rice and potato intolerances.

The book is user-friendly. Nutritional breakdowns are given for each recipe.

These recipes illustrate that you don't need to buy exotic, expensive ingredients; most of the ingredients in this book may be purchased at your local grocery store. You don't need to spend hours in the kitchen; these recipes are designed for ease. You don't need special grinders or machines; regular kitchen appliances are used, like a mixer, blender and oven.

And most importantly, despite your diet restrictions, you still deserve to eat foods that are delicious and satisfying. If you say, "This is 'pretty good' for being gluten-free, corn-free, yeast-free, soy-free and 'whatever-free'", then it isn't good enough! The recipes in this book will prove to you that, no matter what your diet restrictions may be, food can taste wonderful again.

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