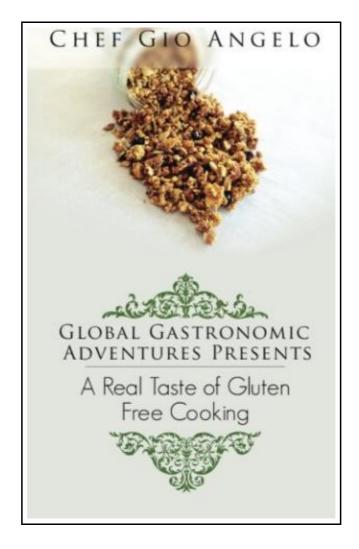
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Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.his book includes 10 gluten-free recipes, gathered from across the globe, using a wide variety of spices and ingredients. You will find both savory and sweet recipes in this book so your menu can be complete and get ready to discover what gluten-free means in terms of food cooking and how you can use spices or herbs in your favor. If there s one thing I learnt while doing the research for this book and cooking these recipes, it was that sometimes we have to step out of the box and look for other alternatives to the ingredients we commonly use. I learnt to read labels more often than I did before and I also realized that many products we buy are gluten contaminated which is clearly not helpful. I learnt to use flour substitutes and not fear recipes which called for coconut or almond flour. I learnt that cooking and baking can be delicious even without the gluten protein. Even if you re not gluten intolerant, a diet avoiding it for a while can help your body detox so no matter how you look at it, these recipes are a gain in any diet, regardless of your eating habits. Join me in this little adventure, put your apron on and let s start cooking. Tags: wheat belly, thug kitchen, thug kitchen cookbook, thug kitchen 101, fck that s delicious.

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