



The Gluten-Free Cookbook: Over 50 Delicious and Nutritious Recipes, Specially Developed for Coeliacs

Anne Sheasby

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Coeliacs have an intolerance to gluten - one of the proteins found in wheat, barley, rye and oats - but there's no reason why a gluten-free diet can't be both healthy and varied. This book combines tasty and nutritious gluten-free recipes with essential information on following a gluten-free diet. Over 220 photographs make the tempting ideas easy to follow.



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