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Eating wheat and other cereals is so deeply anchored into our Western culture, it is hard to imagine life without it. After all, wheat is in everything, including Grandma's dumplings and Mom's famous mac&cheese. Yet, we are currently finding out that a large proportion of the population is unable to properly digest a protein found in wheat, barley and rye – gluten. For these people, eating gluten causes a host of health problems. Is it possible to eat gluten-free and still enjoy homemade meals that Mom and Grandma would be proud of? Certainly. Have a look at these 60 delicious gluten-free recipes and we guarantee you won't miss the gluten. This cookbook is a 2 book value pack that contains 60 recipes.

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David Baxter:

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