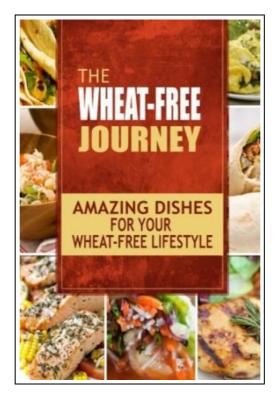
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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Wheat-Free Journey - Amazing Dishes for your Wheat-Free Lifestyle Looking to a a whole new way of cooking and live a balanced wheat-free lifestyle? Cooking without wheat is an interesting challenge and leads you to exploring some foods you might not have thought about before. You can recreate nearly anything without wheat. Usually, the results will be different because the lack of gluten changes the texture of food. However, as with any other lifestyle, it will become the new normal. The recipes in this book are Celiac-friendly, meaning they contain absolutely no gluten ingredients. They are also free of processed ingredients such as white sugar, table salt, grain starches and artificial flavors. But, ultra-healthy doesn t have to mean boring; we guarantee you Il love your new lifestyle! Discover Also, you Il discover. The healthiest cooking recipes when diagnosed of Celiac Disease Understanding how healthy is a wheat free diet for you And much more! Table of Contents Introduction Breakfast Cookbook Celery Blend with Spinach Fruit Blend in a Natural Cup Garden Vegetable Refresher Easy Veggie Egg Scramble Avocado Cream Blast Spicy Egg Dish Bell Pepper Fruit Cup Green Baked Avocado Baked Egg Muffins Spicy Chicken Wraps Delicious Apple Smoothie Sugar Free Fruit Salad Berry Cereal Tahini with Fruit Topping Sweet Potato Crisps with Eggs Spicy Kale with Poached Eggs Wheat Free Pancakes with Berry Topping Sugar Free Baked Apples Very Berry Fruit Cereal Chopped Spicy Zucchini Lunch Cookbook Squash with Sliced Mushroom Zucchini Onion Rolls Avocado Tomato Pizza Red Yellow Pepper Pizza Easy Spicy Eggplant Dish Nutty Harvest Boat Cucumber Raft Ratatouille Riverboat Fruitychicken Melonboat Barreling Down the River Red Wrap Spicy Seafruit Wraps Dragonchicken Wraps Eggplant Chicken Burgers Chickenfish...

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