



Gluten-Free Without Rice: Easy Cooking for Variety on a Gluten-Free Diet

By Nicolette M Dumke

Allergy Adapt, Inc. Paperback / softback. Book Condition: new. BRAND NEW, Gluten-Free Without Rice: Easy Cooking for Variety on a Gluten-Free Diet, Nicolette M Dumke, Gluten-Free Without Rice introduces you to gluten-free grains and grain alternatives other than rice such as teff, millet, sorghum, quinoa, buckwheat, tapioca, arrowroot, corn, potato starch, and more. It gives you over 75 delicious recipes for muffins, crackers, bread, pancakes, waffles, granola, main and side dishes, cookies, and desserts. (Even ice cream cones!) With this book you can cook easily for a gluten-free diet without relying on rice. Whether you have celiac disease or food allergies, this book will make it easier and more enjoyable to stay on your diet and will help you to improve your health.



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