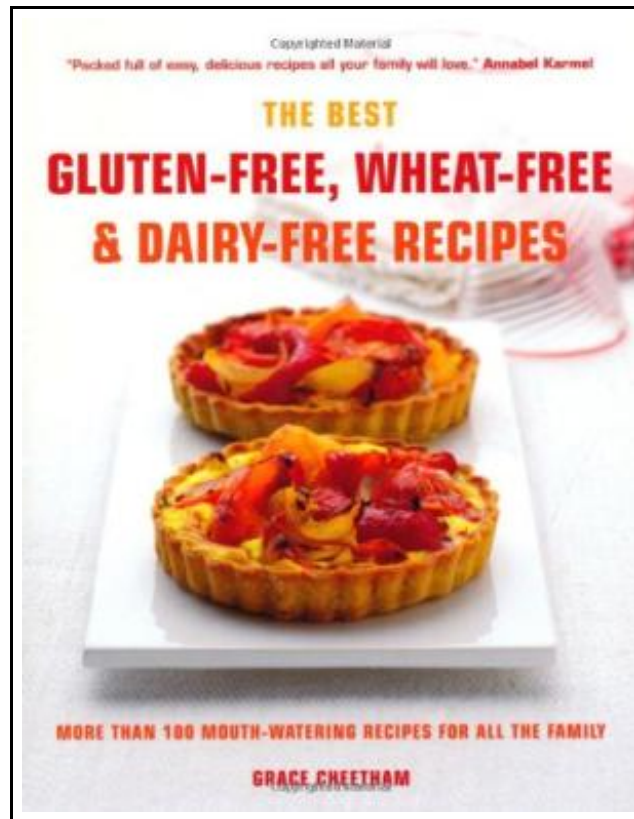


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Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Best Gluten-Free, Wheat-Free & Dairy-Free Recipes: More Than 100 Mouth-watering Recipes for All the Family (2nd Revised edition), Grace Cheetham, If you feel unusually tired after meals, or often bloated or craving certain foods; if you suffer from asthma, eczema or migraines; and, if your digestion is sluggish and your immune system low - then you're probably one of the 35% of the population who suffer from allergies or intolerances, and this book could literally change your life. "The Best Gluten-Free, Wheat-Free and Dairy-Free Recipes" gives you easy-to-make, mouthwatering recipes without gluten, wheat, cheese, milk or butter. Try Roasted squash, leek and bacon risotto for lunch and you'll wonder why you ever bothered with Parmesan; or try the Fruit tarts with dairy-free custard or the Rich chocolate tart and savour the taste of pastry, even though it's gluten-free. From simple breakfasts and quick lunches, to stunning recipes for dinner and entertaining, this book ensures that your allergy doesn't mean you have to miss out on great food. 'A superb contribution to allergy-free cuisine - one that is long overdue' - Max Tomlinson N.D. 'Delicious recipes designed to alleviate all those uncomfortable symptoms of food intolerance' - "She magazine".



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