



The Complete Idiot's Guide to Gluten-Free Cooking (Complete Idiot's Guides (Lifestyle Paperback))

Jean Duane

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The Complete Idiot's Guide(r) to Gluten-Free Cooking makes it easy to prepare delicious gluten-free meals and to make substitutions in your favorite recipes. Featuring more than 200 mouth-watering recipes for every meal of the day-including breads, pizza crust, pasta, dumplings, stuffing, and all kinds of desserts-as well as resources for finding gluten-free off-the-shelf foods, this cookbook is a must-have for anyone on a gluten-free diet and those who need to avoid a host of chronic illnesses due to gluten intolerance.

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