

## Good Food: Gluten-free recipes (Paperback)



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Ebury Publishing, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book. In this new collection of triple-tested recipes the experts at Good Food magazine have used their wealth of experience to tackle the challenges of gluten-free eating. Whether you ve decided to explore the health benefits of a gluten-free diet or suffer from coeliac disease, this essential guide to gluten-free cooking enables you to make healthy choices without compromising on flavour. Inside you ll find a variety of nutritious recipes to suit every meal of the day, including many helpful gluten substitutes. Each recipe is accompanied by a full-colour photo and nutritional breakdown and all are adapted from favourite Good Food recipes - so no one misses out!.



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