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Lisa Daniels

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If you or someone you love has celiac's, a gluten sensitivity or you have decided to cut gluten from your diet you know how hard it is to cook recipes that the whole family will love. Trying to make delicious foods that are kid friendly without gluten can be a challenge. This book will provide you with amazing recipes that are ready in less than 30 minutes and are sure to please even the pickiest eaters in your family! Included are recipes that have meat, seafood and some vegetarian meals. There are casseroles, pizza, soup and stir fry recipes just to name a few. While this cook book focuses on recipes that don't contain gluten, these recipes are also very healthy. These are not recipes that used pre-packaged, boxed mixes. They contain all-natural, real ingredients that are an important part of your families diet. Put the recipes to the test, you will find that they are not only healthy but satisfying as well!

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