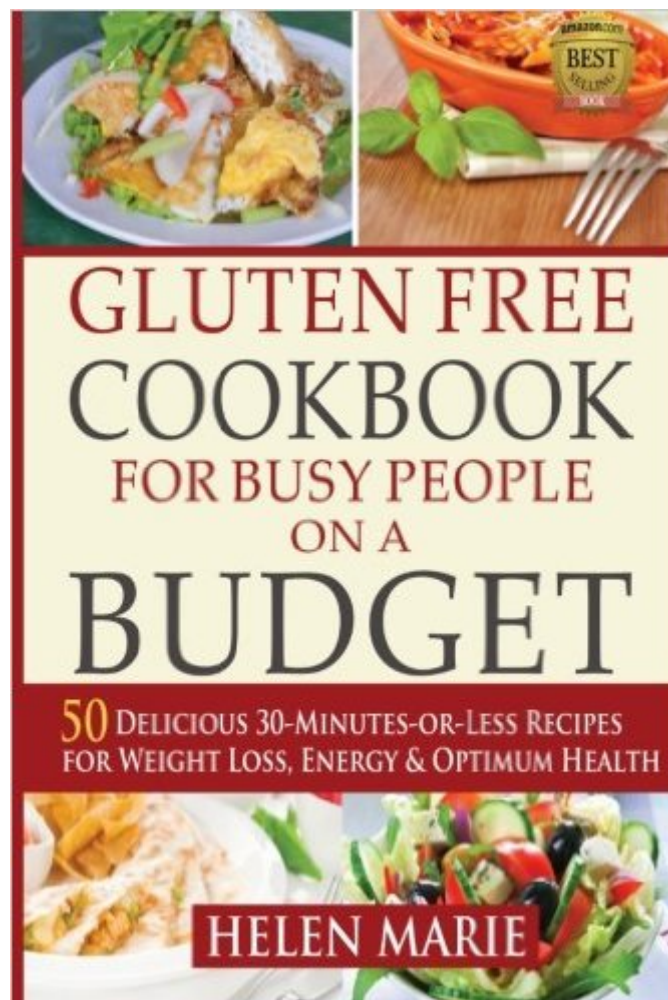


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# Gluten Free Cookbook For Busy People On A Budget: 50 Delicious 30-Minutes-or-Less Recipes For Weight Loss, Energy & Optimum Health (Nutritious ... For Healthier Living Series) (Volume 1)





## Synopsis

Gluten Free Cookbook for Busy People on a Budget provides 50 recipes for those who need or want to live a delicious, nutritious gluten-free lifestyle. And the best part: each mouth-watering dish can be made in 30 minutes or less! Gluten-free cooking is becoming very popular, not only in the United States but around the world. This cookbook includes recipes that are all made with nutritious, gluten-free ingredients, substituting healthy coconut and almond flours for all-purpose, enriched wheat, or whole wheat flours can contain little to no nourishment. Every day, more than 200 million Americans consume food products made of wheat. As a result, over half of them experience some form of adverse health risks, ranging from minor rashes or high blood sugar to the unattractive stomach bulges that are due to the whole grains they eat. I'm one of them. I had a wheat belly for almost 20 years and among other things, it's quite embarrassing. Wheat could well be the # 1 reason so many people are obese in our world, sadly more here in America than anywhere else. If wheat is eliminated from our diets completely, we would be a much healthier nation, as would other nations. Changing to a wheat-free lifestyle isn't easy. I'll be the first to tell you that. But it is so well worth it. You have no idea how much more energy you will have. The best news, however, is how much healthier every organ in your body will be. Yes, gluten-free products are more expensive, but when you weigh that against the times you spend money on doctors' visits and prescription medicines from eating wheat, gluten-free products cost far less. I invite you to join me on a gluten-free diet and see how much better and healthier you feel in six months. Sometimes wheat stays in the body for up to several years so it might take a little longer in your case, like it did in mine. I hope you get this book, start making the recipes I've included and begin your journey into a lifestyle of weight loss, energy and optimum health.

## Book Information

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## Customer Reviews

My cookbook arrived today and I did a happy dance! First recipe I tried was Coconut Pancakes. I miss pancakes so much; this is going to be great! I mixed all the ingredients just like the directions said (see below). I made 8 "pancakes" and still had enough batter remaining to make 8 more... but they were so disappointing and did not have any resemblance of pancakes; I stopped while I was ahead. They would not hold any kind of shape to be flipped. I guess I wasn't careful enough. And I wasted 3 1/2 cups of Almond Milk on this! Almond milk is so expensive. If anyone knows what went wrong, please let me know. I was really looking forward to making coconut pancakes tonight, putting them in the fridge and heating them up for breakfast in the morning. They can't go in the toaster to heat up, that's for sure. Also, the recipe said to mix in the coconut, but coconut was not on the list of ingredients. I flipped a few pages and found Bacon and Egg Pockets. Fantastic! This recipe calls for millet flour, rice flour, arrowroot flour, cornstarch, xanthan gum, a cup of butter (A CUP OF BUTTER - where did I get the idea that this was full of healthy recipes? Oh yeah, the page that says "Get-Healthy Breakfasts") 2 eggs, 2 pieces of bacon and 2 tbsp cheddar cheese. No, I think I'll just stick with my 2 scrambled eggs with a little coconut oil and a slice of Colby Jack cheese. I am extremely disappointed with this book. Here's another recipe - Fruit Boats: 1 small melon, 1 mango, 1/2 pineapple, 1/2 cup berries. Scoop out the melon, chop all ingredients into small pieces, put back into melon skin. Yep, that's gluten-free alright - because it's nothing but FRUIT! And I paid how much for this book? Please see the attached pictures for the Coconut Pancakes.

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