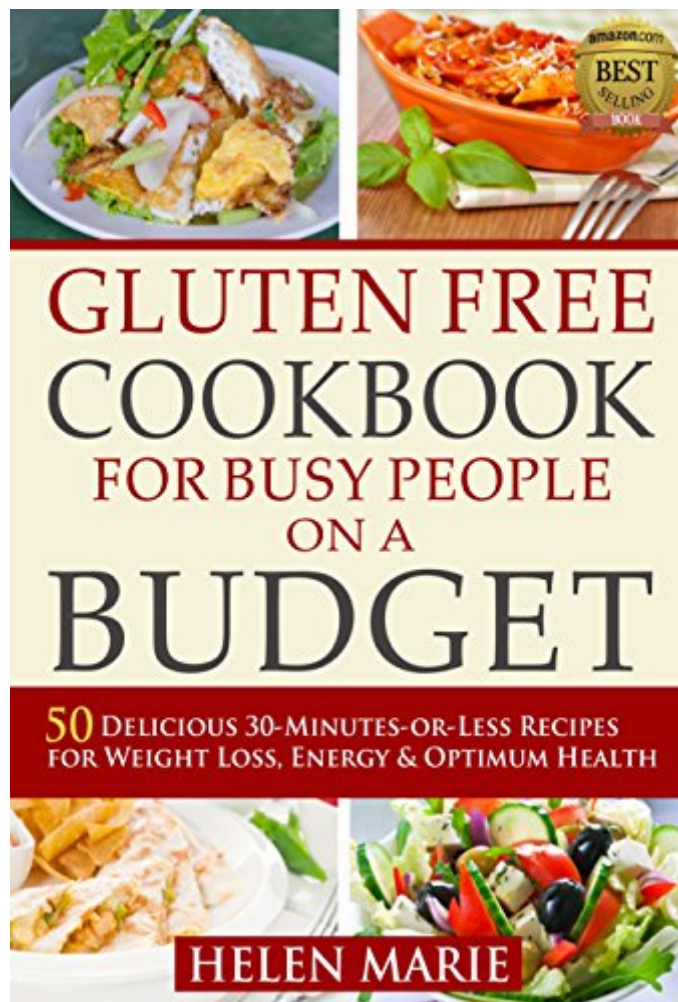


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# Gluten Free Cookbook For Busy People On A Budget: 50 Delicious 30-Minutes-or-Less Recipes For Weight Loss, Energy & Optimum Health (Nutritious Gluten-Free Recipes For Healthier Living Series 1)





## Synopsis

SOLD MORE THAN 6,000 COPIES! Looking for the best gluten-free recipes to add to your recipe collection? Then you've come to the right place. *Gluten Free Cookbook for Busy People on a Budget* is packed with tasty food recipes even non-gluten-free eaters will love! The first portion of the book contains educational material such as: What is Gluten and Why Does It Cause Problems? Ten Signs That Prove You Are Gluten Sensitive How to Avoid Gluten Tips to Help Achieve Your Gluten Free Diet Also included in the book are 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! A few of these gluten-free-approved recipes include: Mini Crustless Quiches Egg and Bacon Pockets Mexican Style Omelet Spicy Cauliflower Soup Summer Vegetable Pasta Ginger and Garlic Stir-Fry Fast and Easy Chicken Enchilada Soup Gluten Free Lasagna Chicken, Potato and Cabbage Soup Vegetable Penang Curry Luscious Lime Pie Hot Chocolate Cake Creamiest Rice Pudding Chocolate Orange Mousse Blueberry Crisps Vegan Crab Dip Coconut Macaroons Roasted Red Pepper Hummus Crispy Kale Chips Each recipe includes nutritional information so you can easily plan your daily menus to incorporate meals that don't go over your desired daily caloric intake. Gluten-free cooking is 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 and in fact, are harmful due to the wheat in them. 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 high blood sugar and diabetes, to the unattractive stomach bulges due to the whole grains they eat. Wheat, rye and barley could well be the # 1 reason so many people are obese in our world, sadly more here in America than anywhere else. If wheat and other grains were 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. 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. Your lungs will come alive, your skin will glow and your hair will shine. Although gluten-free products are more expensive, when you weigh that against the money you spend on doctors' visits and prescription medicines from eating wheat, rye and barley, 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. So get this book, start making the recipes I've included and begin your journey into a lifestyle of weight loss, energy and optimum health.

About the Author: When doctors told lethargic, 16-year-old Helen Marie that she had a gluten

intolerance, neither her mother nor she knew what that meant. It wasn't until mother and daughter got home and Mom read the material the doctor gave her that the severity of the problem sunk in. Through the years Helen kept on a gluten-free diet and, as a young adult, she totally regained her health. In a nutshell this is her story and the reason she wrote this book, one in a series of gluten free books designed to help people with a gluten sensitivity or worse, with celiac disease, to overcome all the serious problems caused by gluten and live a better-than-normal life, one full of energy to enjoy the things you've probably missed for too long. Scroll up to order your copy now before the price increases!

## 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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