



## Gluten Free: Desserts - 50 Delicious Gluten Free Recipes for Celiac, Paleo and Gluten Free Diets

By Charity Wilson

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Gluten Free Desserts To Satisfy That Sweet Tooth Do you need to eat a gluten free diet due to having Celiac Disease or being a Paleo Diet fan? Do you wish you could enjoy the desserts your friends and family do? Well you can with a few small tweaks. Where there is a will there is a way as they say and Gluten Free Desserts is an example of that. Being a lover of desserts and one who wanted to watch her gluten intake Charity decided it was time to start testing. There were many failed attempts at making her favorite desserts gluten free (don't worry, they are not in the book) but she finally created 50 worth writing about. Gluten Free Does Not Limit You Granted learning to eat gluten free can be quite the chore. Learning how to read labels and watch for secret hidden gluten containing ingredients can make it feel like you need a degree in some type of science. Who makes words up like: Triticum vulgare (wheat) Triticale (cross between wheat and rye) Hordeum vulgare (barley) Secale cereale (rye) Well...



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