



# **Grain Free Diet: The Complete Grain Free Cookbook for a Healthy Diet and Grain Free Eating**

*Morgan Lockwood*

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## **Grain Free Diet: The Complete Grain Free Cookbook for a Healthy Diet and Grain Free Eating**

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Grain Free Diet Grain Free Recipes Specializing in Grain Free Baking Are you looking for a recipe cookbook to help you with grain free diets? Grain free is the same thing as a gluten free diet. It means making grain free recipes using good "wheat" substitutes like almond flour, rice flour, tapioca flour and other ground nuts. When a person goes on a wheat free diet, they have to look to these substitutes for their foods. So many foods today contain wheat or wheat by-products. Just purchase "convenient" foods and you will find almost all of it contains some sort of wheat. This means if you wish to eat a wheat free diet you need to take matters into your own hands. Cooking your own meals using recipes that do not include wheat foods is the best alternative. If you live a busy life and rely on convenient foods, you can create and freeze many of these recipes ahead of time. This book contains recipes using wheat free ingredients and more. Being grain free does not mean you have to be without. It means working with other foods in creating the dishes you love. What is grain free? It means basically, eating grain free foods, in particular, wheat grain, and gluten. Many people suffer from wheat allergies and intolerances and turn to a grain free diet to help alleviate the symptoms and treat the issues associated with it. Once the diet is in force and the body eliminates all traces of gluten, they feel much better. Dieting is one of the best treatments for wheat intolerance and allergies. In this wheat free diet book you will find recipes for grain free bread, and in addition to grain free bread recipes there are recipes for cakes, cookies, brownies, muffins, "breading" on meats, and stuffing. There are recipes for pancakes and crepes for breakfasts. There are recipes for foods for lunch and supper.

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