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Gluten Free Italian: Simple and Delicious Recipes for Cooking Italian Cuisine

Sarah Sophia

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Want to cook quick and easy gluten-free Italian food that you, your friends and family will love? Well, this is the book for you. Simple gluten-free Italian recipes that anyone can follow to whip up incredible dishes. Following a gluten-free diet can be difficult. So many of your favorite foods are off limits and if you're like me and you love Italian food, this can be a pain. This book is perfect for your gluten-free lifestyle… lots and lots of delicious, Italian recipes so that you can enjoy your favorite foods without feeling guilty. You may be gluten intolerant or you may choose to avoid gluten for health benefits (of which there are many) but sometimes you just need a flavorful, hearty home cooked Italian meal! Craving a pasta or pizza tonight? I've got you covered with a whole host of simple recipes to follow. The recipes in this book let you eat your favorite Italian dishes without affecting your body, health or diet efforts! Inside you will find quick and easy recipes for cooking delicious gluten-free Italian cuisine that will blow you away. But that's not all… we all need something sweet in our lives so I decided to give you a bunch of gluten-free recipes for desserts. Now you can satisfy that sweet tooth 100% guilt free. Never cooked Italian food before? Don't worry this book is for people of all skill levels. Nothing complex in here… just quick, easy, delicious recipes. Don't forget… when you buy you also get an awesome free gift as my way of saying "Thank you!" So get out your apron, heat up the pans and get ready to cook some delicious Italian cuisine.

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