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Sandra Williams

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When you are on a gluten free diet, things at first may seem very difficult and you almost may lose hope when you think about your breakfast or dessert! How can one have their breakfast complete without breads, oats, pancakes or even waffles! Luckily the nutritionists have come up with substitutes that allow us to create equally **delicious breakfast, appetizer, and dessert food**. This book is dedicated to those people who cannot go by without a single day without those specific foods. The book compiles not only breakfast or dessert recipes for gluten intolerant people but it also opens up options for lunches and dinners as well. **The recipes are full of variations**. They can be served at dinner parties, at family get together, and even at more intimate dates. The procedures of these **recipes are fairly simple** and any beginner can try these without facing difficulties.
This book contains gluten-free and **easy recipes for breakfast, lunch, dinner and dessert**.

Here Is A Preview Of What You Will Learn:

- What Is Gluten Free Diet?
- **Breakfast Recipes**
- Almond Flour Pancakes
- Fancy Steak & Eggs
- Turkey, Broccoli, and Egg Muffins
- Healthy Banana Smoothie

- Banana Milkshake Vegan Style
- Egg-Free Mushroom Quiche
- Minty Kiwi Creamy Smoothie
- Sausage Egg Cups
- **Lunch Recipes**
- VELVEETA Cheeseburger Mac
- Swedish Meatballs With Rosé Pepper and Thyme
- Cheese Brussels Sprouts Soup
- Raw Vegan Carrot Ginger Soup
- Mushroom and Ramen Noodle Soup
- Tomato Zucchini Pasta
- Pumpkin, Butternut Squash, Carrot, Potato Stew
- **Dinner Recipes**
- Yummy Classic Tomato Soup
- Chicken Avocado Tomato Soup
- Mushroom Tomato with Onion Gravy
- Salmon with Cherry Tomato Salsa and Asparagus
- Tuna Steak with Avocado and Cilantro Marinade
- Spicy Grilled Shrimp with Easy Guacamole
- Vegan Nutty Veggie Burgers
- **Dessert Recipes**
- Coconut Barfi
- Chocolate Muffins
- Chocolate Salted Caramel Mud Cakes
- Mexican Chocolate Cake
- Pumpkin Spice Cake with Cinnamon Cream Cheese Frosting
- Pumpkin Cream Cheese Muffins
- Coconut Fig Tart
- Dehydrated Banana Oatmeal Cookies
- **FREE BONUS At The End Of The Book**

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Ross Fletcher:

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