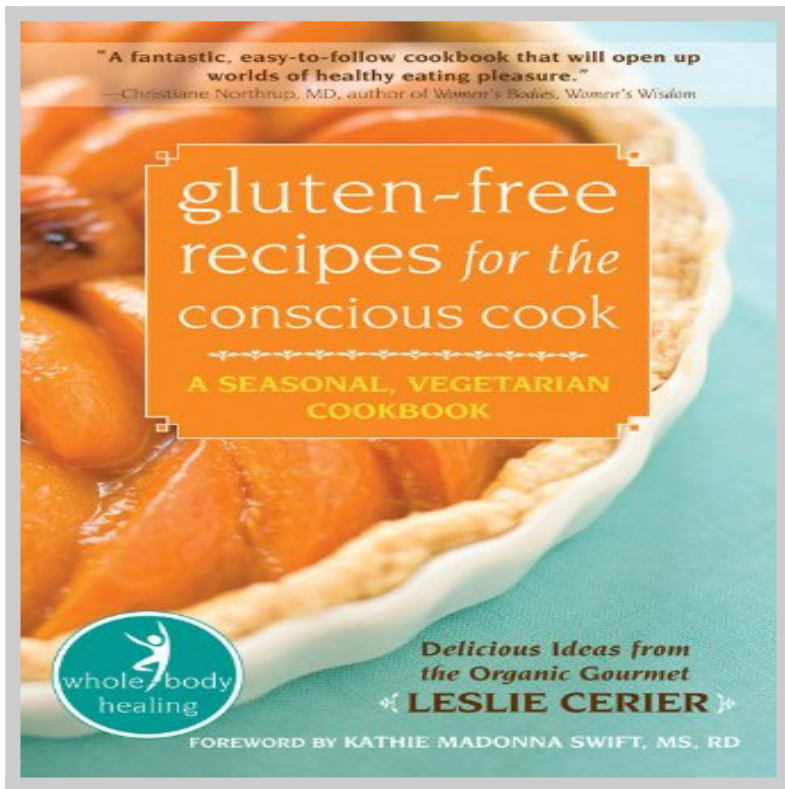


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## **Gluten Free Recipes Conscious Cook Vegetarian Book Preview**

A gluten-free diet can help you feel more energetic, improve digestion, aid in weight loss, and dramatically improve the symptoms of many mental and physical health disorders. It's no wonder that more and more people, both with wheat allergies and without, are discovering the health benefits of going gluten-free. In **Gluten-Free Recipes for the Conscious Cook**, Leslie Cerier, 'The Organic Gourmet,' presents over 100 remarkably delicious recipes for easy-to-make, gluten-free, vegetarian meals. You'll learn to create delectable, high-protein breakfasts, dinners, desserts, and more, use organic and seasonal ingredients to put a fresh twist on your

favorite family recipes, and come up with your own original gluten-free creations.

- Whip up tasty grab-and-go meals and snacks
- Get tips for using organic and seasonal ingredients to make gluten-free food even more delicious
- Enjoy pancakes and waffles, casseroles, pastas, and pastries-all made without gluten
- Get creative with the wealth of recipe variations and ideas in this book