



## Gluten Free Cookbook: Gluten Free Recipes for Healthy Eating

By Valerie Alston

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Gluten free recipes are based on a gluten-free diet, which is a diet that does not allow protein called gluten. You can find gluten in wheat, rye, barley and triticale which is a grain that is a cross between rye and wheat grain. The reason for excluding gluten is that this protein is known to cause inflammation in the small intestine which is seen in people with celiac disease. This diet is thus recommended for people suffering from celiac disease and those with sensitive digestive systems.

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