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Simple Gluten Free Paleo Bread: Fast, Scrumptious and Guilt-Free Baking Recipes - Satisfy Your Primal Cravings! (Paperback)

By Donatella Giordano

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.You can have your Bread, and eat it! [UPDATED 2003 Edition] Now Includes 74 Delectable Gluten-Free Paleo Bread Recipes Imagine yourself holding a thick slice of warm, freshly baked bread. Close your eyes and just smell the mouth-watering aroma. Now sink your teeth into that delicious indulgence . Now if you are gluten sensitive, you may already feel a twinge in the lower left side of your tummy, just by imagining eating a piece of bread. Giving up bread can be painful in and of itself, and let s face it, we were raised on bread and it is one of THE comfort foods of our time. Luckily you don t have to give up that delicious thick slice. Now you can enjoy a healthy energy-boosting breakfast with bread included. Whether you have to avoid gluten because of medical reasons (celiac disease or gluten sensitivity) or simply out of personal choice (you re on the Paleo diet), it s still possible to enjoy the smell and taste of home baked bread. In this little gem of a book...



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