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Gluten is a protein that is found in wheat, rye, and barley. There are many reasons why people avoid gluten, including wheat allergy, gluten sensitivity, and the more serious Celiac disease. Cutting gluten out of your diet might sound limiting, but there are plenty of delicious options. *Incredibly Easy Gluten-Free Recipes* shows you new ways to prepare old favorites like pizza, cookies, and casseroles without using any food products containing gluten.

This cookbook is a budget-friendly, 80-page, soft-cover version of the more extensive *Incredibly Easy Gluten-Free Recipes* cookbook, which also is featured in this Web store. This scaled-down version contains 43 recipes for gluten-free dishes, including breakfast, lunch, dinner, and dessert selections. No one has to be on a special diet to love these delicious dishes, prepared from directions in the *Incredibly Easy Gluten-Free Recipes* cookbook:

- Gluten-Free Pizza
- Curried Noodles
- Flourless Fried Chicken Tenders
- Quinoa and Mango Salad
- Mini Carnitas Tacos

All the recipes in this cookbook also are included in the larger format, 144-page *Incredibly Easy Gluten-Free Recipes*, which contains more than 60 recipes.



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