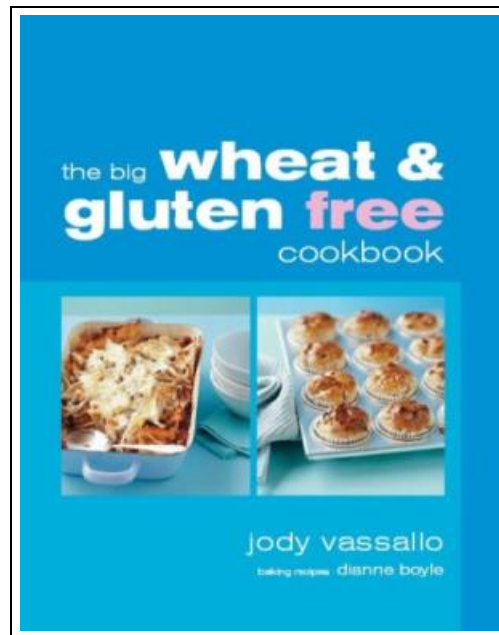


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## THE BIG WHEATFREE GLUTEN FREE COOKBOOK

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Grub Street. Paperback. Book Condition: new. BRAND NEW, The Big Wheatfree Gluten Free Cookbook, Jody Vassallo, Dianne Boyle, Around one in 100 people in the UK are estimated to have coeliac disease, a medically diagnosed, life-long condition that results in a permanent intolerance to gluten. However, those with the skin condition known as dermatitis herpetiformis also need to eat gluten-free foods, as do those people who have an allergic reaction to wheat, though wheat intolerance is quite rare, typically only occurring in children, and may just be a temporary problem. Associated symptoms of wheat intolerance may include eczema and other skin irritations. Gluten is the protein that is found in a number of grains including wheat, barley and rye but some people with coeliac disease are also sensitive to oats. The only way people with these diseases can control the symptoms is by cutting gluten out of their diet permanently. Although this may at first seem drastic, there is still a wealth of wonderful food to be enjoyed. The biggest lifestyle change involves taking care when buying processed foods (even the slightest trace of gluten can make someone with coeliac disease ill) so the best way to ensure that you have eliminated gluten is to prepare food yourself from natural ingredients which you can do if you follow Jody Vassallo's delicious, inspiring collection of over 100 recipes in "The Big Wheat & Gluten Free Cookbook". Jody has spent her career creating and styling recipes with some of the most successful cookery writers today, such as Bill Granger and Donna Hay, so you can be sure that her own recipes will be just as modern and tempting. She has developed great-tasting gluten-free recipes not only for everyday staples such as bread and pastry but for Christmas celebrations and parties too. So going on...

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