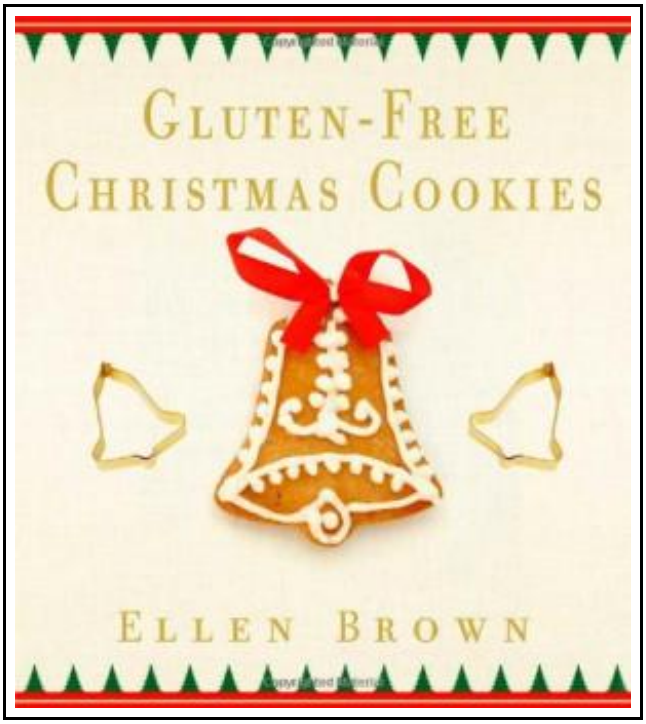
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Sterling Publishing Co Inc, United States, 2012. Paperback. Book Condition: New. Original.. 226 x 203 mm. Language: English . Brand New Book. Eating during the holidays is tough enough without having to watch your wheat intake. Gluten-Free Christmas Cookies takes the worry out of indulging in the season s favorite snack! Who knew gluten free could be so yummy? Whether you re one of the 3 million Americans with celiac disease or just looking for more healthful food choices during the holidays, Gluten Free Christmas Cookies fits the bill! Along with 125 delicious recipes, including chocolate chip, butter cookies, classic peanut butter, this book gives information on gluten-free basics, creating a gluten-free kitchen, information on gluten-free flours, and more. Celiac disease, which occurs when sufferers eat products containing wheat, rye, or barley, is one of the most common chronic health disorders in western countries. In most cases, treatment with a gluten-free diet leads to a full recovery from celiac disease. The recipes are simple, quick, and made with readily available ingredients found in all grocery stores.

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