



**Gluten-Free & Dairy-Free for the Frugal and Lazy
Cook: 101 delicious recipes that are simple,
inexpensive and safe for the gluten-intolerant!
(Gluten-Free & Frugal)**

Heather Demeritte

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Gluten-Free & Dairy-Free for the Frugal and Lazy Cook: 101 delicious recipes that are simple, inexpensive and safe for the gluten-intolerant! (Gluten-Free & Frugal)

Heather Demeritte

Gluten-Free & Dairy-Free for the Frugal and Lazy Cook: 101 delicious recipes that are simple, inexpensive and safe for the gluten-intolerant! (Gluten-Free & Frugal) Heather Demeritte

101 gluten-free and dairy-free recipes that are healthy, delicious, simple and inexpensive.

This book provides safe, everyday meals that are perfect for people restricted from eating gluten or dairy due to celiac disease or gluten and dairy intolerance. These recipes are easy and familiar. You'll find among many options, comforting gluten-free chicken recipes, sinful gluten-free french-toast, heart warming gluten-free sauces and soups, and the best gluten-free peanut butter cookie on the planet!

Knowing dairy intolerance is often found in people with gluten or wheat allergies, the author Heather Demeritte has reconstructed these variations without dairy. She has also provided tips for vegetarians, vegans, and meat-lovers alike.

This book is illustrated with authentic color photos, and highlights number of servings and cooking time. And many recipes were constructed with few ingredients, all of which are easily accessible in most grocery stores or farmer's markets.

Because Heather Demeritte suffers from gluten intolerance, she understands the emotional loss experienced from a sudden requirement to move to a gluten-free and dairy-free diet. This author understands the loss of flavor that comes with eating rice cakes and salads. She understands how the whole family is affected by one person's restricted diet. She knows the frustration and high cost of eating out gluten-free. And she is constantly managing how to budget her shopping, eating naturally gluten-free foods that are healthy.

If you want to love the food you eat, gluten and dairy free, add Gluten-Free & Dairy-Free for the Frugal and Lazy Cook to your cookbook collection.

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Mark Miller:

In this 21st one hundred year, people become competitive in each way. By being competitive at this point, people have do something to make these individuals survives, being in the middle of the crowded place and notice simply by surrounding. One thing that sometimes many people have underestimated this for a while is reading. Yeah, by reading a reserve your ability to survive boost then having chance to stand up than other is high. For you personally who want to start reading the book, we give you this Gluten-Free & Dairy-Free for the Frugal and Lazy Cook: 101 delicious recipes that are simple, inexpensive and safe for the gluten-intolerant! (Gluten-Free & Frugal) book as beginner and daily reading publication. Why, because this book is greater than just a book.

Vincent Mireles:

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Kelly Breedlove:

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