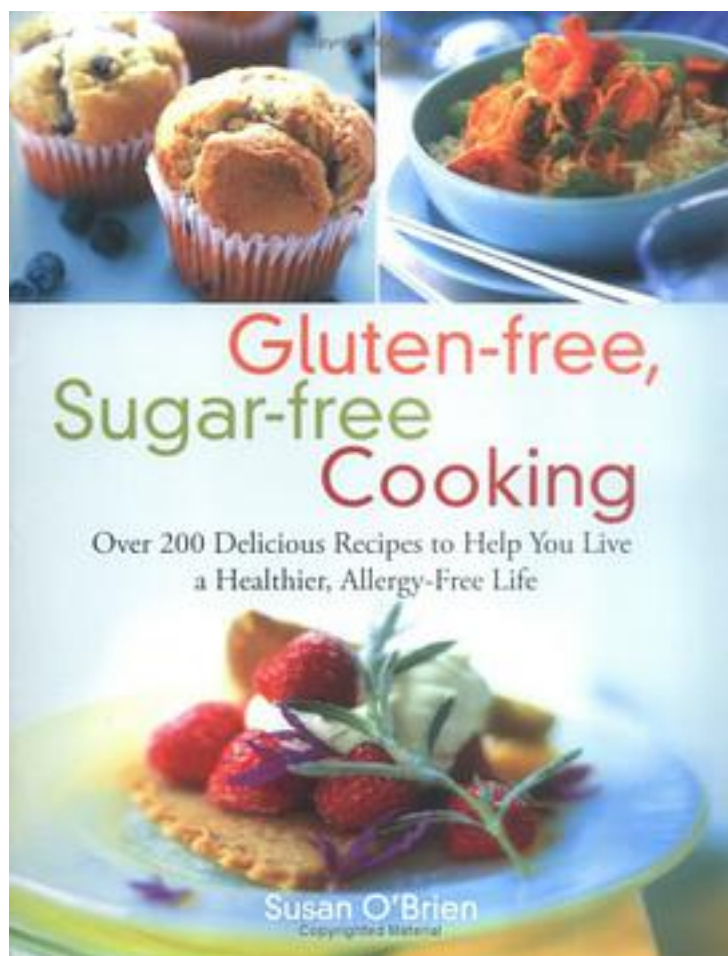


Gluten-free, Sugar-free Cooking



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With millions of people suffering from food allergies, obesity, and generally less-than-perfect health, the connection between how we feel and the food we eat has never been more apparent. Now, in *Gluten-free, Sugar-free Cooking*, gourmet chef

Susan O’ Brien offers more than 200 great-tasting recipes — covering everything from breakfast to dessert — that are perfect for people with food allergies as well as for those who simply want to adopt a more healthy way of eating. Free of gluten, sugar, and usually dairy, these tasty dishes are also invaluable for people living with medical conditions such as candida, fibromyalgia, Crohn’ s disease, diabetes, autism, and ADHD, who must avoid certain foods to better control their symptoms. Complete with product sourcing information, substitute ingredients, dining out advice, and online resources, Gluten-free, Sugar-free Cooking makes eating healthfully and avoiding problematic foods easy and delicious.

作者介绍:

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