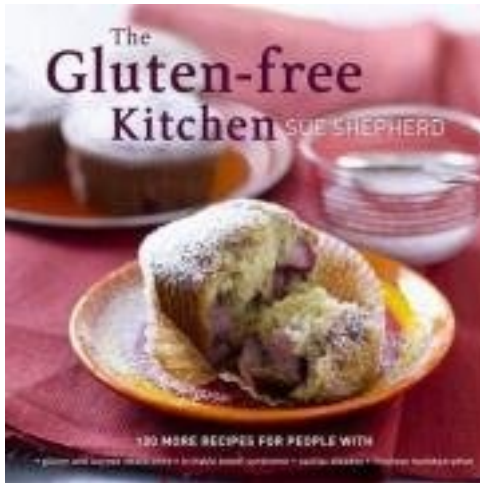


The Gluten-free Kitchen



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I Can Eat That opens with a brief explanation of intolerances. The recipes are divided into five main chapters (Plate-free food; Salads; Mains; Desserts; and Baking) and three 'mini' chapters (Soups; Comforting sides; and Puddings). The feel if this book is a little more 'comfort food' than the previous one, with a really good range of dessert and baking recipes (which are often seen as a limiting factor on a gluten-free diet).

作者介绍:

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