



# **The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes!**

*Tammy Credicott*

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# The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes!

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**Warning**, this is NOT ANOTHER GLUTEN FREE BAKING BOOK! It's a unique, gluten-free cookbook with everyday recipes that mix simple, home-style cooking with great taste and real, whole food ingredients. Every recipe is not only gluten-free, but also egg free, dairy free, soy free, white rice flour free, and bean flour free. Feel free to cheer!

In *The Healthy Gluten Free Life*, Tammy Credicott shows you just how easy and budget-friendly living a healthy, gluten-free life can be. By giving detailed instructions and a host of tips on everything from choosing quality ingredients to techniques on make-ahead meals to save you time down the road, Tammy will inspire you to step back into the kitchen and enjoy cooking again.

*The Healthy Gluten Free Life* is filled with over 200 mouth watering recipes for every meal of the day, including breakfasts, snacks, dinners, side dishes, desserts, and more. In addition, each delicious recipe is accompanied by captivating color photographs to help entice you to the final tasty dish. Beyond the recipes, *The Healthy Gluten Free Life* guides you on how to:

- \* Choose flours that work best for you & the recipe you're working with
- \* Replace dairy & eggs in your recipes easily and without fail
- \* Differentiate between the multiple gluten-free flours and starches on the market, giving you the confidence to modify any gluten-free recipe you choose
- \* Create a week's worth of school lunches that your kids will love and not be embarrassed by

Get the taste & texture you remember from your pre-gluten free days with the added health benefits of whole grain flours, limited starches, lower sugar, and real, whole foods! *The Healthy Gluten-Free Life* helps bring your family back to the table, food allergies and all!

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