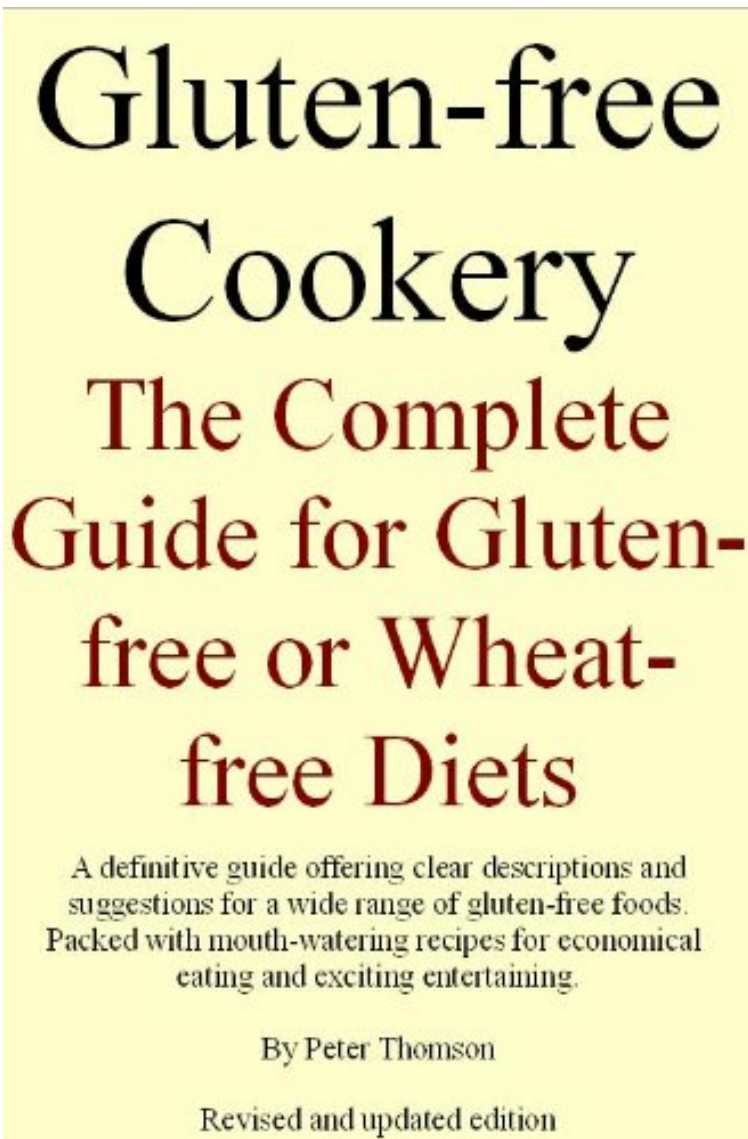


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# Gluten-free Cookery. The Complete Guide for Gluten-free or Wheat-free Diets (English Edition)



*Par Peter Thomson*  
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## Description :

Prsentation de l'diteurGluten-Free Cookery is a definitive guide offering clear descriptions and suggestions for using the wide range of tasty foods that can be enjoyed as part of a gluten-free or wheat-free diet.It covers many hundreds of recipes for all aspects of gluten-free eating.Most of the ingredients are non branded products and readily available from your local supermarket. The tried and tested recipes cover all occasions

from every day family meals to special occasions. Comprehensive descriptions of gluten-free ingredients. Peter Thomson is himself a coeliac and must eat a gluten-free and wheat-free diet. he runs information sites for gluten-free diets on the Internet. He writes on cookery, health and diet, and is also a lecturer with the Open University. Presentation de l'auteur Gluten-Free Cookery is a definitive guide offering clear descriptions and suggestions for using the wide range of tasty foods that can be enjoyed as part of a gluten-free or wheat-free diet. It covers many hundreds of recipes for all aspects of gluten-free eating. Most of the ingredients are non branded products and readily available from your local supermarket. The tried and tested recipes cover all occasions from every day family meals to special occasions. Comprehensive descriptions of gluten-free ingredients. Peter Thomson is himself a coeliac and must eat a gluten-free and wheat-free diet. he runs information sites for gluten-free diets on the Internet. He writes on cookery, health and diet, and is also a lecturer with the Open University.