



Gluten Free Vegan: Gluten Free Recipes for an Empowering Vegan Gluten Free Diet

Kris Franklin

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Gluten Free Vegan: Gluten Free Recipes for an Empowering Vegan Gluten Free Diet Gluten free meals and vegan diets are receiving a lot of attention as of late and it's no surprise. With the public more conscious of the importance of diet to their health than ever before, it's becoming much easier to find vegan gluten free dishes at restaurants and gluten free foods at supermarkets as well as becoming common to see celebrities talking about the benefits of a gluten free vegetarian diet. If you're interested in trying your own hand at vegetarian or vegan gluten free cooking, this gluten free vegan cookbook is for you. Packed with gluten free vegan recipes, this is the perfect reference for anyone who wants to cut gluten, meat and dairy out of their diet and start preparing gluten free vegan meals. There's more to this book than just recipes for a gluten free vegan diet, however. It also provides the background information that newcomers to gluten free vegan foods will want to know, while avoiding overwhelming readers with too much, too soon - instead, this book just tells you what you really need to know and then moves on to the main event: great tasting, healthy gluten free vegan recipes.

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