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A big worry for the newly diagnosed Celiac is diet! How depressing it is to realize that your gastro-intestinal system will seek retribution on your body for sneaking a morsel of that wonderful, tasty looking doughnut. So you go about thinking you have to eat cardboard pizza, or bread that crumbles and won’t fold over into a sandwich. But gluten free food has made great strides. Gluten Free by Grandma will help alleviate your fears once you realize that there are dozens of delicious dishes awaiting discovery by your taste buds. This cookbook is the result of over twenty-five years of working with GF flours and converting gluten food to gluten free.

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