



Gluten Free Slow Cooker Recipes: 50 Gut Friendly Wheat Free Meals That Are Ready When You Are (Paperback)

By Charity Wilson

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you a wheat free wannabe with no time to cook? 50 Gluten Free Slow Cooker Recipes For Grain Free Living Are you struggling to follow a gluten free lifestyle? Are you strapped for time at night? If so then you have just discovered the one book that solves both problems. Inside you will find 50 gluten-free slow cooker recipes that will make you forget you ever liked the wheat and allow you to come home to a meal that is ready for you. Gluten Free Does Not Limit You Granted, learning to eat gluten free can be quite a chore. Reading labels and watching for secret hidden gluten containing ingredients can make it feel like you need a degree in some type of science. Who makes words up like: Triticum vulgare (wheat) Triticale (cross between wheat and rye) Hordeum vulgare (barley) Secale cereale (rye) The best idea is to continually try new recipes and be mindful of the ingredients that are going into them. Once you have a couple hundred recipes you will never need to worry about accidentally ingesting gluten and suffering the consequences again....



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