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GhottonFree - Taste of the Glutenfree - Book 1

Enrico Gilioli

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Enrico Gilioli : GhottonFree - Taste of the Glutenfree - Book 1 before purchasing it in order to gage whether or not it would be worth my time, and all praised GhottonFree - Taste of the Glutenfree - Book 1:

Alternative recipes of bread and pizza. This book will accompany the reader to the discovery of gluten-free recipes, in Italian cuisine and not only... I am pastry chef and cook and I begun to cook my glutenfree recipes for three years now. I thank my celiac wife that has opened me the mind to the gluten-free world. The recipes in this book are easy to perform, a surprise of perfumes and flavors, because eating gluten-free is eating healthy with genuine products, highly digestible. Knowing how to cook can be a winning weapon in social relationships, in work and in the love. The cuisine

is a fundamental part of our life, good eating and drinking with good friends, improves the life. Eating glutenfree is not a condemnation and not a limiting daily diet ... not for Italian cuisine!