

GLUTEN is my BITCH



THE 2014 EDITION
GUIDE TO A
G-FREE LIFE
WITH 20
NEW RECIPES!

Rants, Recipes, and
RIDICULOUSNESS
for the
Gluten-Free

April Peveteaux

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Gluten Is My Bitch: Rants, Recipes, and Ridiculousness for the Gluten-Free



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As an antidote to the tragic news that, no, you won't ever eat regular donuts once again, April provides 40 gluten-free comfort food dishes and a bonus 20 new quality recipes in the paperback edition that will make even the most disappointed gluten-intolerant smile with relief. In the new paperback, April addresses the problems of sustaining a gluten-free life-style once you've transitioned from the gluten-loaded world. With updated assets and brand-new recipes for everyday meals, the paperback gives a complete look at living gluten-free for life.



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This book helped SO much that i bought it for a friend who was diagnosed like me. Wow - recipes are really great and .. She shares quality recipes and anecdotes all while talking with us in obvious and straightforward passages that inform you you are not by itself in the bewildering gluten-filled jungle. FINALLY - Someone gets it! She acquired to learn how to cook all over again. She enjoyed it. This book helped SO much that i purchased it for a friend who was simply diagnosed like me. Wow - recipes are actually great and simply the banter and wording sensed a little empowering. Thank you! GF Is normally my bitch now! It isn't a "choice" and it's really a very tough thing to adjust to, understanding you can't give up if it gets challenging. We Gave this to my cousin as a xmas gift. She appreciated it. This hilarious book was an excellent guide for not merely the gluten-free. Celiac and gluten sensitivity runs in my family, and I've several gluten-free close friends, I bake gluten free of charge. When my doctor told me to go gluten-free because of thyroid issues, I viewed her like she was nuts. You truly feel much better about yourself reading her take on gluten free so make sure you browse it, not only flip to recipes Five Stars Great go through. She's not merely funny however the recipes are great. I love April's open up and honest responses to presenting to go ..! Hilarious, readable and lets you know how it is As a recently diagnosed celiac this book took me through the rollercoaster of emotions I was feeling!.. If you are looking for real suggestions from the trenches, informed in down-to-earth fashion, after that this is the book for you! Funny and relatable Funny and relatable! I was also offered a job at a gluten free of charge bakery but I experienced to deny however the pay was to low. I QUICKLY hopped onto amazon and looked up books. As soon as I saw this name, I knew this would be the book for me personally. Going gluten-free isn't easy, but then again, neither are the outcomes of consuming gluten and the writer does not sugar-coat anything. Excellent gluten free /celiac resource Peveteaux is witty and informative. I love April's open up and honest responses to having to go gluten free of charge. Such a good read for anyone with celiac, a gluten allergy or for anyone who has someone they love that is gluten free. I can't wait around to try the dishes!. Love It! Thank you to April and the ones like her who aren't afraid to tell us newbies like it is and not sugar coat the message. The author voiced everything I have been considering since I was identified as having celiac disease! Five Stars Loved this go through! I am forever changed by reading this! Love it. I sort of want she was my friend because this book really helped me deal with getting GF. She speaks her brain and is usually honest about her feelings and experiences. BRAVO job well done! I love this! That is an excellent resource for the new Celiac like me, diagnosed 1/6/15. I've recommended this to anyone and everyone I come across that has issues with gluten. I purchased this for a friend with ... Love it. I bought this for a pal with Celiac's disease and it made her year! She likes the humor, rawness

and recipes. Great for Celiacs! Great publication, would recommend for everybody struggling with celiac disease! Great book! Shes therefore funny, read it too! This is an excellent book! The publication is a great source to learn how exactly to substitute items.. Can it say enough good about this book. Love this book! Got this for my friend whose grandson has celiacs disease. IT's AWFUL to Need to be GF. Her tales and suggestions are priceless!.. Four Stars Very lovely and fun She loved it and uses it each and every time her grandson visits. its working great up to now I purchased this for my wife to add a publication with bitch in big letters to your library, its functioning great so far. She made fun a sucky circumstance and still made you realize how important it is to consume right and look after yourself. It was a straightforward browse, and I enjoyed reading it The first book I got when I then found out I had celiac disease. It was an easy read, and I liked reading it. without gluten.



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