



Gluten Free Mediterranean Diet Cookbook: 50 Delicious and Healthy Recipes (Gluten Free Cooking)

Chef Judi Mehrens

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Volume I of my Gluten Free Mediterranean Diet Cookbook!

Here are 50 wonderful gluten free recipes for you to try with the healthy benefits of the Mediterranean Diet.

Whether you've decided to try a gluten free diet due to disease or choice, you'll find these recipes don't make you feel deprived of anything. These aren't gluten free recipes that send you searching health stores for exotic ingredients to make your own flour.

These are exquisite recipes that are gluten free naturally.

Emphasizing the use of fresh ingredients, this gluten free cookbook can put you and your family on the road to a healthier eating program.

And adding Mediterranean diet ingredients and methods will add a whole new layer to your gluten free cooking!

The Mediterranean Diet has been touted recently, with nutritionists pointing to the better health and longer lives of people who live in the Mediterranean region. Now you can have those health advantages with your gluten free diet.

This gluten free cookbook includes these recipes:

Blender Gazpacho

Fruit Soup

Tomato Basil Soup

Shrimp and Melon Salad

Tuna and Tomato Salad

Braised Fennel

Garlic Spinach with Pine Nuts

Spicy Broccoli

Baked Sole with Capers and Shrimp

Balsamic Vinegar Broiled Chicken

Soy Baked Halibut

Wine Braised Tuna

Apple Compote

Vanilla Panna Cotta

and lots more!

So hit the "buy now" button and delight your family with a fresh gluten free Mediterranean meal tonight!

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Louise Guest:

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