



Gluten-Free Cookies: 50 Recipes of Yummy Cookie Goodness to Try for Your Family (Diets & Recipes)

Melissa Castro

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With the increase in the number of health conscious people in the world, it is important to make sure of everything that we eat and put in our bodies. There have been so many speculations with regard to the concept of gluten and how it causes harm in the human system. And while some possess a tolerance for gluten rich food products, there are those who simply does not have the tolerance for it. It causes different adverse effects on their bodies that they end up skipping foods that are usually rich in gluten such as bread and pastries. But why should one deprive himself of eating great tasting and healthy food when there is a solution or a workaround for it?

“Gluten-free Cookies: 50 Recipes of Yummy Cookie Goodness to Try for Your Family” can provide that solution that you have been looking for, for a very long time.

Here is a preview of what you will learn from this book:

- Educate readers about what is gluten and its negative effects on the human body.
- Offer 50 scrumptious cookie recipes that would make anyone forget about the need for gluten.
- Baking hacks for those who would like to go gluten-free and
- How to gradually skip gluten for those who are used to baking and eating gluten rich food.

At the end of the day, this book hopes to encourage people to try gluten-free baking, cooking, and other food preparations to improve their health and avoid the harmful effects of eating food rich in gluten.

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