



Simply Sugar and Gluten-Free: 180 Easy and Delicious Recipes You Can Make in 20 Minutes or Less

Amy Green

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FABULOUS FOOD MADE HEALTHIER

Eliminating gluten and refined sugar from your diet doesn't mean hours in the kitchen or expensive, exotic ingredients. Follow these smart strategies and simple techniques to create tasty, allergy-friendly meals in no time.

From hearty breakfasts to decadent desserts, *Simply Sugar & Gluten-Free* is chock-full of dishes as delicious as they are healthy.

- Banana Walnut Belgian Waffles
- Carrot and Jicama Slaw
- Chewy Granola Bars
- Crispy Prosciutto Deviled Eggs
- Chicken Cacciatore
- Deep Dish Lasagne
- Double Chocolate Cherry Cookies
- French Onion Soup
- Light and Moist Cornbread
- Oven-Baked Cumin Lime Tortilla Chips
- Pear and Spinach Salad with Lemon Truffle Vinaigrette
- Sweet Potato and Black Bean Tacos
- Vanilla Bean Ice Cream
- Veggie, Onion, and Prosciutto Pizza

Whether you're going sugar-free and gluten-free because of an allergy or a desire to eat healthy, this book's nutritious, satisfying, home-cooked meals will minimize weight gain and maximize good health.

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Rose Nguyen:

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Jennifer Howard:

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