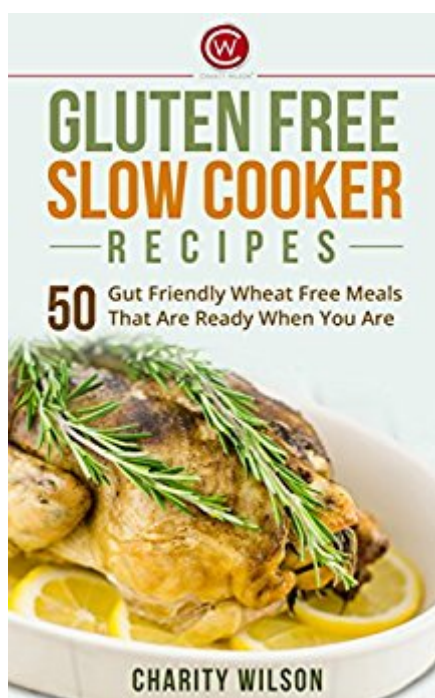


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# GLUTEN FREE COOKBOOK: Gluten Free Slow Cooker Recipes: 50 Gut Friendly Wheat Free Meals That Are Ready When You Are (Gluten Free Diet) (Health Wealth & Happiness Book 57)



## Synopsis

Download FREE with Kindle Unlimited! Then just write out the recipes you love in a Blank Book Billionaire blank recipe book. You can find some great options by searching "My Recipe Journal" right here in . Are you a wheat free wannabe with no time to cook? 50 Gluten Free Slow Cooker Recipes For Grain Free Living Are you struggling to follow a gluten free lifestyle? Are you strapped for time at night? If so then you have just discovered the one book that solves both problems. Inside you will find 50 gluten-free slow cooker recipes that will make you forget you ever liked the wheat and allow you to come home to a meal that is ready for you. Gluten Free Does Not Limit You Granted, learning to eat gluten free can be quite a chore. Reading labels and watching for secret hidden gluten containing ingredients can make it feel like you need a degree in some type of science. Who makes words up like: *Triticum vulgare* (wheat) *Triticale* (cross between wheat and rye) *Hordeum vulgare* (barley) *Secale cereale* (rye) The best idea is to continually try new recipes and be mindful of the ingredients that are going into them. Once you have a couple hundred recipes you will never need to worry about accidentally ingesting gluten and suffering the consequences again. You are in control. Why Live A Gluten Free Lifestyle? Many people choose a gluten free lifestyle due to the adverse side effects gluten causes them to experience. If you suffer from celiac disease, you know exactly what that means. It can be excruciatingly painful and you have a very real reason to avoid gluten. Many people chalk up the cramps and lethargic feeling after meals as they ate too much, but the reality is it could be gluten intolerance. Many people are now consciously choosing to eliminate gluten from their diet for reasons that are not medically based at all. They find they have less bloating and that their digestion is better. People who stopped eating gluten have also seen an increase in success with their weight loss goals. Living gluten free has numerous benefits and if you suspect you may have a wheat sensitivity or intolerance then switch out your regular wheat based meals with these gluten free slow cooker meals and see how your body feels. Try it for at least six weeks to give your body a chance to adjust to the new lifestyle. You will not be disappointed. What You Will Discover Inside "Gluten Free Slow Cooker Recipes" • 9 Breakfast Recipes to wake up the right way • 11 Chicken recipes to redefine how you look at poultry • 10 Beef Recipes for the true carnivore inside you • 5 Pork and Lamb recipes because cows and chickens can't have all the fun • 5 Soup recipes to warm your soul • 5 Seafood recipes for you ocean lovers • 5 Dessert Recipes to satisfy even the sweetest tooth Would You Like To Know More? Download and finally discover the quickest way to eating gluten free. Scroll to the top of the page and hit the buy button today!

## Book Information

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## Customer Reviews

This book is great because every recipe is absolutely delicious, AND gluten free. Whether you are following a gluten free diet, or cannot eat gluten for other reasons, all of these recipes will be perfect for you. Also, all of the recipes are easy to follow, and are made in the slow cooker. I love how the book has slow cooker recipes for breakfast, chicken, beef, pork & lamb, soups, fish & seafood, and dessert. All in all, a great way to gain new slow cooker recipes while being gluten free.

Very nice overview! I'm a big believer of the importance of healthy food, so I'm always looking for new information on the subject. And I must admit this book blew my mind! It's a really nice compilation of advice and ideas on Friendly Wheat Free Meals and as it says in the title "They Are Ready When You Are"™. Charity Wilson did a great job here giving us some spectacular gluten free options. Go ahead and grab a copy. It's totally worth it!

Two things I love in this book: the recipes are gluten free (a sure way to be healthy) and it uses a slow cooker - I just love it. So you can get the best of 2 worlds: the healthy part and, also very important, the comfort of leaving the slow cooker working while you do what you enjoy doing.

There are a lot of recipes to suit just about anyone. I like the discussion about gluten sensitivity and the list of items to eat and to stay away from. Even if you don't need gluten-free items, this collection is good to have on hand if you have friends or weekend guest over who suffer from this intolerance. Great variety offered. Being a bacon lover, myself, I think I'm going to try the Bacon Casserole for Sunday brunch.

This book, *Gluten Free Slow Cooker Recipes: 50 Gut Friendly Wheat Free Meals That Are Ready When You Are* (Gluten Free Diet Recipes and Cookbooks Book 2), is well written and helpful. Inside this book, you will find 50 gluten-free slow cooker recipes that will make you forget you ever liked the wheat and allow you to come home to a meal that is ready for you. The author has put extra efforts in writing such a masterpiece. The quality of material of this book is worth more than its price. Easy to understand content for everyone. From me, I will definitely rate this book and the author's efforts a 5-STAR. I highly recommend this book to everyone.

This book is packed with information about gluten free diet, what to eat and not to eat. The recipes are delicious and easy to make, you will not feel you are missing out on anything.

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GLUTEN FREE COOKBOOK: *Gluten Free Slow Cooker Recipes: 50 Gut Friendly Wheat Free Meals That Are Ready When You Are* (Gluten Free Diet) (Health Wealth & Happiness Book 57) *Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively* (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) *Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners*(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb ) (Cookbook delicious recipes 1) *Slow Cooking - Top 500 Slow Cooking Recipes Cookbook* (Slow Cooker, Slow Cooker Recipes, Slow Cooking, Meals, Slow Cooker Chicken Recipes, Crock Pot, Instant Pot, Pressure Cooker, Vegan, Paleo) *Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ...* (Paleo Diet Paleo Slow Cooker COMBO SET 1) *My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook* *100 Slow Cooker Recipes: Get 'em! Mix 'em! Leave 'em!* (Slow Cooker Recipes, Crockpot Recipes): *Big Slow Cooker Recipes Cookbook - The 100 Slow Cooker Recipes Crock Pot Recipes - The Ultimate 500 CrockPot*

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