

DELICIOUS EVERYDAY DISHES WITHOUT GLUTEN AND MILK



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Läcker vardagsmat utan gluten och mjölk

Mekto Ganic
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Simple yet delicious everyday food, with ingredients that are naturally free of gluten and milk.

More and more people are becoming sensitive to gluten. Here comes the cookbook with ingredients that are naturally free of gluten with recipes that are tasty, inspiring, nourishing and simple to follow. All of them with a milk-free alternative.

The book also contains basic facts about ingredients and kitchen tools and what it means to eat gluten-free food.

About the author

Mekto Ganic lives in Gothenburg. She has more than 20 years' experience of developing recipes and products, and has lectured in the celiac world for more than six years.