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# Win Your Battle Against the Grain

We know living with gluten sensitivity or celiac disease can be inconvenient. It seems gluten shows up in the most unexpected places. We are here to help. Inside, you'll find 112 step-by-step recipes developed specifically for the gluten-free lifestyle. And to keep you in the know, each one has full nutrition facts and handy icons: Fast (preps in 30 minutes or less), and Dairy-, Nut- and Egg-Free, too. Now you can enjoy all your favorite foods—breads, pizza, pasta and even cookies—no stress required.

**You CAN do this!**  
THE FOOD TO LOVE TEAM



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