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This gluten free cookbook also gives you plenty of handy tips to take the stress out of cooking for your special dietary needs. The editors at Rockridge Press indicate whether each recipe fits your diet, whether that's dairy free, nut free, egg free, soy free, vegetarian or vegan. Each recipe in The Gluten Free Cookbook for Slow Cookers also includes prep time, cook time, serving size, and creative serving suggestions. Throughout this gluten free cookbook you'll get lifesaving guidelines for identifying surprise sources of gluten, tips for making foolproof substitutions, and useful Gluten Free Cookbook pointers for using your slow cooker.



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