



**Gluten Free: Vegan Gluten-Free Baking: Totally
Guilt-Free!: Healthy and Delicious, 100% Vegan
and Gluten-Free Dessert Recipes You Will Love
(Gluten Free Diet Cookbook, Celiac Disease Book
4)**

Kira Novac

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Gluten-Free Vegan Baking Made Easy, Exciting and Fun!

- Discover how much variety you can ENJOY on a gluten-free vegan diet so that you never feel deprived again.
- Your guide to creating healthy, vegan and gluten-free desserts while keeping your taste buds satisfied!

What? Vegan and Gluten-Free? Does It Even Have Any Taste?

When you switch to the vegan gluten-free diet, you may be worried about whether or not you will still be able to eat your favorite foods. While you might have to make some big changes to your diet, there are plenty of vegan & gluten-free alternatives out there for traditional foods. You can still enjoy things like pancakes, muffins, omelets & even decadent desserts! **The vegan gluten-free diet is an excellent choice if you are looking for a way to improve your health and vitality** with the recipes included in this book. You won't feel like you are making a sacrifice at all.

What Are the Benefits of a Vegan Gluten-Free Lifestyle?

Once you make the switch to the vegan gluten-free diet you shouldn't be surprised if you feel your body start to change. Removing processed grains and animal products from your diet can work wonders for your digestion and your body as a whole. You may find that you have more energy during the day and that you no longer suffer from unhealthy food cravings. As a result of switching to an unprocessed, vegan gluten-free diet, **you can also lose weight and transform your body into a healthier and stronger version of you** like you have always wanted.

If you are ready to give the vegan gluten-free diet a try, this book is the perfect place to start. In the pages of this book you will find a collection of dozens of vegan gluten-free recipes from pancakes to amazingly tasty vegan gluten-free and dairy-free breads, muffins and everything in between.

HERE'S A SHORT PREVIEW OF WHAT YOU ARE JUST ABOUT TO DISCOVER:

- Amazingly tasty muffins of all kinds - you will never get bored with them
- Breakfast bread recipes that everyone can make
- All kinds of cookies and bars - great as healthy snacks to take to work
- Delicious and nutritious cakes - totally guilt-free
- Sensational cupcakes that are naturally creamy and filled with many natural flavors like anti-inflammatory spices and other superfoods - yummy and healing!

Ok Kira, I hear you... but... I am not a good enough cook and I have never tried to bake anything. Is this book for me?

No worries, we have you fully covered. Thanks to the simple, step-by-step nature of each recipe, **you will be able to learn the secrets of gluten-free vegan baking almost effortlessly.** Each recipe contains the detailed shopping list + image + servings + instructions. It's so simple that even a kid could do it (my 9-year-old son does!).

So what are you waiting for? Pick a recipe, start cooking and have everyone love you for it!

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From reader reviews:

Joseph Sutton:

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