

**SIMPLY GLUTEN FREE: RITA GREERS HELPFUL
KITCHEN HANDBOOK**

Lorayne Dipinto

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Gluten is the basis for much of the Western diet, either as bread, pasta and cereals or as an ingredient in a range of processed foods. However it doesn't agree.

Rita Greer Cookbooks, Recipes and Biography | Eat Your Books

Summary. Calling on decades of writing about gluten as well as years of practical experience, author Rita Greer offers this guide to gluten-free eating, which.

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