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LOOK MA, NO GRAINS!: (ANOTHER GRAIN-FREE COOKBOOK FROM RITA JUANITA)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Cooking without grains can be a challenge. Rita, however, has been doing it for a few years now and loves the challenge of taking commonplace ingredients and substitutes for those who need to eat grain or gluten-free and creating new recipes. Some recipes include: Quinoa and Cheese Southwestern Beef N Bean Zesty Honey Mustard Chicken Green and White...

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- Authored by Rita Juanita Mock
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