



Low Fat Diet Recipes: Gluten Free Recipes and Superfoods

Tabetha Cool, Walts Julianna

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Low Fat Diet Recipes: Gluten Free Recipes and Superfoods This Low Fat Diet Recipes book contains diet ideas and healthy low fat recipes from two different diet plans the Superfoods diet and the Gluten Free diet. Each of these diets provides good food ideas and easy low fat recipes to help you plan for a healthy menu. You can take the diet food ideas within this easy food recipes book to create all the low fat healthy recipes you will want. Each diet plan contains easy recipes using low fat low calorie foods to help you with dieting and losing the excessive weight. The Superfoods section has these categories: Salmon, Spinach, Quinoa, Beans and Lentils, Apples, Yogurt, Sweet Potatoes, Kiwi Fruit, Blueberries, Dark Chocolate, Oats, and Pumpkin. Here is a sampling of the recipes: Pumpkin Tacos or Tostadas, Oatmeal with Pumpkin, Bannocks (Scottish Oat Cakes), Spicy Dark Chocolate Cookies, Blueberry Chicken, Blueberry Granita, Fuit Pizza, Kiwi Sandwiches, Kiwi Salsa, Spicy Roasted Sweet Potatoes, Sweet Potato Pie, Oven Roasted Sweet Potatoes, Sweet Potato Soup, Turkish Style Zucchini Salad, Yogurt Salad Dressing, Haydari, Yogurt Chicken, Yogurt Rice, Apple Crisp, Apple Chutney, Braised Escarole, Apple Soup, Lentil Soup, Black Bean Hummus, Pasta Fagioli, Quinoa Salad with Cranberries and Cilantro, and Chicken Florentine. The second section covers the Gluten Free diet plan and has these categories: What is Gluten?, Advantages of Going Gluten Free, Gluten Free Cooking, Which Foods Would be Eliminated in a Gluten Free Diet?, What Makes Gluten Free a Good Choice?, Making Gluten-Free Work for You, Gluten Intolerance and Allergies, What Are You Giving Up?, Main Dish Gluten Free Recipes, Health Challenges in Our World, Side Dishes and Vegetables, Appetizers and Snacks, Tips on Snackable Treats, Gluten Free Conserves and Relishes, Gluten Free Desserts, Gluten Free Tips for Fun Kid Foods, Crock Pot Cookery and Gluten Free, Tips on Living gluten Free and References and Credits.

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