



Gluten-Free Tips and Tricks for Vegans: All the Fab Food You Thought You Couldn't Eat

By Joanne Stepaniak

Book Publishing Company, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. Ease the challenges of being both gluten-free and vegan! Navigating gluten-free dining at home and at restaurants can be especially difficult for vegans because gluten-containing proteins and grains are a common focus of a plant-based diet. In addition, many other vegan foods may be contaminated with gluten during processing or handling. Best-selling vegan cookbook author Jo Stepaniak, who has firsthand experience dealing with multiple food sensitivities, shares over 70 of her favorite recipes and offers valuable tips.

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