

Gluten-Free Without Rice: Easy Cooking For Variety On A Gluten-Free Diet

By Nicolette M Dumke

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<http://fpiesfoundation.org/allergy-friendly-websites-and-cookbooks/>

If you are on a restricted diet due to food allergies or gluten Allergy Cooking with Ease: The Nicolette M. Dumke. Easy Cooking for Special Nicolette M

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<http://recipes.sparkpeople.com/great-recipes.asp?food=gluten+free+rice>

Nicolette M. Dumke is the author of The Ultimate Food Allergy Cookbook and Survival Guide (3.58 avg rating, 12 ratings, 2 reviews, published 2006),

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I am learning my way around cooking without eggs and dairy and it is since the removal of dairy from my diet, Giving up dairy seems easy compared to gluten

<http://glutenfreegirl.com/2011/04/how-to-cook-and-bake-without-dairy/>

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