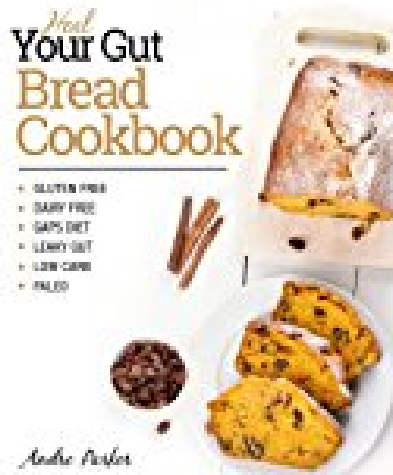


# Heal Your Gut Bread Cookbook

## Gluten Free Dairy Free GAPS Diet Leaky Gut Low Carb Paleo

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### BOOK DETAILS

- Author : Andre Parker
- Pages : 46 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1544607806

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## **BOOK SYNOPSIS**

25 Delicious & Nourishing Bread Recipes Do you love bread but you have food intolerances? Do you have a sensitive or even damaged digestive system? Are you tired of buying commercially made bread, even though it may be healthy? Or do you simply want to eat clean, healthy breads? If the answer was "Yes" to any of the above then you are in the right place. Let's face it, bread is a vital part of every person's meal and this cookbook will show you how to bake delicious and nourishing breads that will be in harmony with your digestive system and overall health. The Heal Your Gut Bread Book caters to several special diets including: GLUTEN FREE DAIRY FREE GAPS (Gut and Psychology Syndrome) LEAKY GUT LOW CARB PALEO Learn how to make delicious traditional sandwich breads, sweet breads, muffins, bagels and pretzels all without the need for a bread machine. Each recipe is clearly categorised for compatibility to each of the above diets allowing you to navigate through the book with ease. Having food intolerances or being on any special diet DOES NOT mean that you can't enjoy your favourite foods. We just have to be smarter about the ingredients and combinations we choose which is what this book is all about. Get your copy now and start baking away!

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