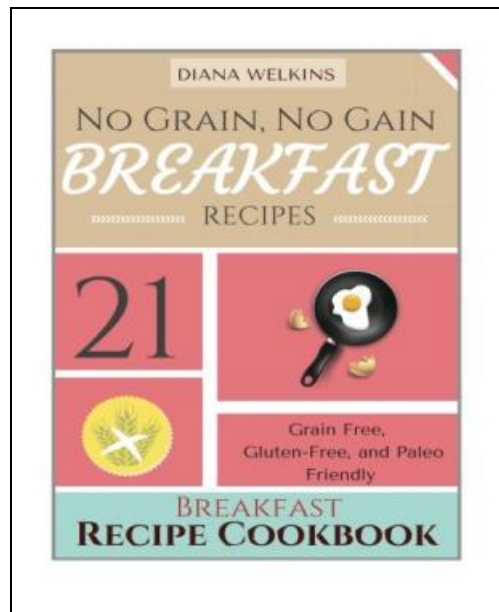


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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The thought of preparing a grain-free breakfast can be frustrating and just plain difficult if you don't invest some time in exploring your options. There is no need to deprive yourself of traditional breakfast delicacies such as pancakes, waffles, toast and bread or even cereal. No Grain, No Gain Breakfast will provide you with alternative sources such as almond, tapioca, and coconut flour. This book contains very simple recipes using these grain free flours and the results are often better than the originals! The key to creating an awesome breakfast on a grain-free diet, is to plan and think outside of the traditional breakfast box!.

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