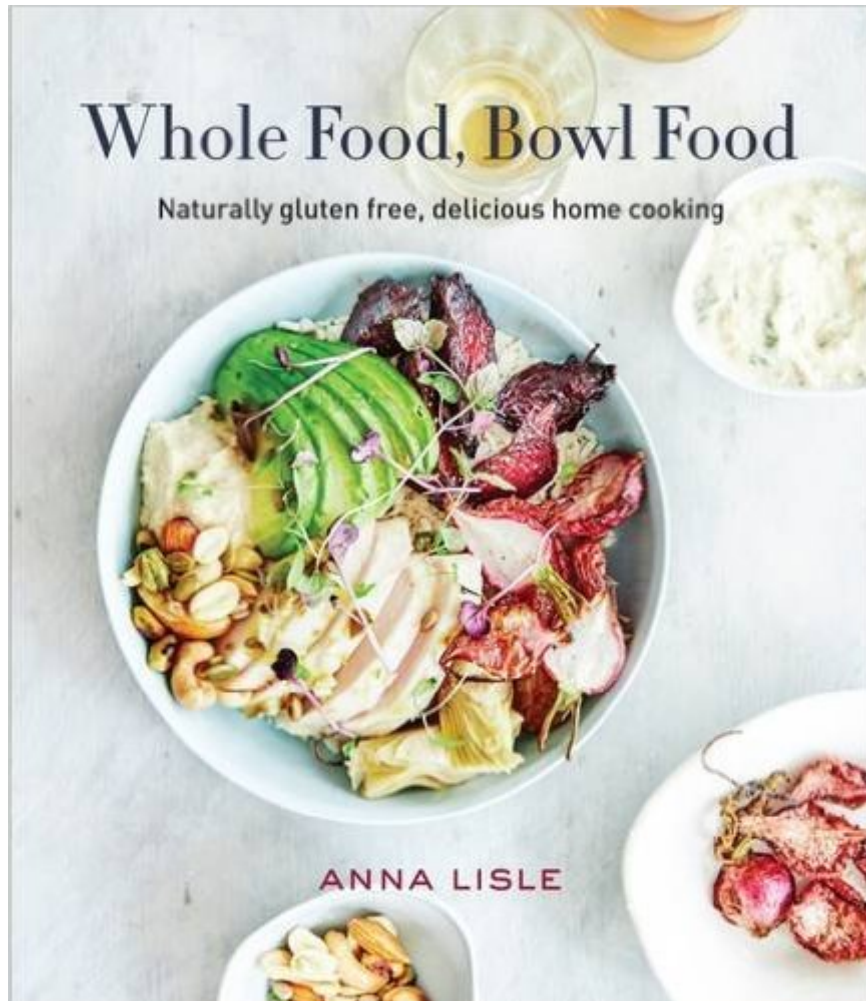


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# Whole Food Bowl Food: Naturally Gluten Free, Delicious Home Cooking



## Synopsis

Â Whole Food, Bowl Food is a must for the modern cook who loves to try new recipes that are super tasty, healthy and just a little bit different. All the recipes are gluten free (and many are sugar and dairy free), so the whole family can enjoy.Â For author and foodie, Anna Lisle, a whole food diet is simply about enjoying real foodâ ingredients in their most natural state such as whole grains, full fat dairy, lean meats, seafood, nuts, seeds, fruits and vegetables.Â If we are what we eat, the recipes in this book will have you looking and feeling great.Â With over 100 creative and inspiring recipes from Annaâ™s real food kitchen, get ready to become a healthier and happier you.Â All you need is a love of food and the comfort of eating from a bowl. (Anna Lisle)

## Book Information

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