



# Indian Inspired Gluten-Free Cooking

*Alamelu Vairavan, Margaret Pfeiffer*

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## **Indian Inspired Gluten-Free Cooking** Alamelu Vairavan, Margaret Pfeiffer

According to the National Institute of Health, Celiac disease affects about 1% of people worldwide and many are finding relief by following a gluten-free diet. Most gluten-free diets are bland and restrictive, but Indian cuisine is a perfect alternative as it relies heavily on flavorful spices, rice, vegetables, dals and legumes. With more than 100 inspired recipes like “Mushroom and Green Pea Quinoa with Pistachios,” “Chickpeas with Ginger and Mango,” and “Chicken in Almond-Coconut Sauce,” this cookbook brings the rich flavors of Indian cooking to your gluten-free table.

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Spent a free time to be fun activity to complete! A lot of people spent their sparetime with their family, or their very own friends. Usually they accomplishing activity like watching television, gonna beach, or picnic within the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Can be reading a book could be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the e-book untitled Indian Inspired Gluten-Free Cooking can be very good book to read. May be it might be best activity to you.

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