

Vegan Italian Recipes: Delicious Gluten Free Recipes for Appetizers, Pastas, Lasagnas, Pizzas, Strombolis, and Desserts (Quick and Easy Series)



Introducing Gluten Free Vegan Italian Recipes from Dogwood Apps! What Is a Gluten Free Diet? Gluten is a type of protein commonly found in grains like triticale, wheat, rye and barley. This protein is responsible for causing inflammation in people suffering from celiac disease and this is why this diet comes under the section of healthy diets, recommended for patients suffering from this disease. This diet requires the practitioners to abstain from the above-mentioned four ingredients and their subsidiaries. If you are purchasing processed foods from the market, make sure that they are marked gluten free. This e-Book can make your search process quite easier by providing you recipes of delicious Italian food items like pasta and pizza, all gluten free. What Is a Vegan Diet? Veganism is more than just a diet; it is a philosophy and a lifestyle choice that prohibits the use of any or all animal related products. Vegan practitioners do not just avoid eating meat or milk; they avoid using animal based clothing, bags, soaps and other accessories. Most people turn vegan for the protection of animal rights and saving the environment; however, there are others who rely on veganism just for health reasons. As is obvious from the name, vegans consume vegetable based foods only. In addition to that, they avoid using animal by-products such as eggs and dairy as well. What are the health benefits of a Gluten Free and Vegan Diet? Following a gluten free and vegan diet can grant you the following health benefits including: Reducing cholesterol, lipoprotein and raising the level of natural antibodies. Healthier Skin and Hair due to consuming unprocessed foods. Healthier sleeping habits through a well balanced diet consisting of natural, unprocessed food. A healthier functioning digestive system. An increased feeling of overall well being and mood stability due to better,

healthier, food sources. When you eat better, you feel better! What are some of the recipes this book offers? We offer 50 great recipes including the following: Pasta Nut Flavored Pasta Garlic Flavored Pasta Tomato and Basil Pasta Mushroom and Spinach Pasta Creamy Pasta All Spice Pasta 10 Minute Pasta Linguini Pasta Lemon and Asparagus Pasta Green Chili Pasta Lasagna Cheesy Spinach Lasagna Zucchini with Squash Lasagna Roasted Mushroom Lasagna Low Carb Lasagna Eggplant Lasagna Lasagna with Basil Sauce Kale and Butternut Lasagna Quinoa Rich Lasagna Fruit Flavored Vegetable Lasagna Easy To Make Lasagna Pizzas and Strombolis Gluten Free Pizza Crust #1 Gluten Free Pizza Crust #2 Quick Fix Mushroom Pizza Spicy Stromboli Stromboli with Artichoke Hearts Potato Pizza Spinachy Stromboli Simple Pizza Onion-ized Stromboli Cheesy Tomato Pizza Deserts Banana Chocolate Mousse Healthy Fudge Bites Sweet Vegetable Muffins Blueberry and Chocolate Pies Coconut Banana Cake with Lime Salty Chocolate Tart Raspberry Cup Cakes Gluten Free Vegetable Brownies Simple Almond Pudding Macaroons So what are you waiting for? Scroll up to purchase and start living a healthier lifestyle today!

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