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GLUTEN + DAIRY

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Pancakes Wheat

free, gluten

free \u0026amp;

Dairy Free

Recipe- Amazing!

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~~Seeded Bread~~

~~Rolls~~ MY FIRST

DAIRY, GLUTEN,

SOY, WHEAT,

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GROCERY HAUL

~~???????~~ ~~What~~ I Eat

~~In A Day (Dairy,~~

~~Gluten, Grain,~~

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Kourtney

Kardashian's

Diet 2018 Gluten

free, Dairy

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Free! what i eat  
in a day (   
gluten-free /  
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Healthiest Bread  
in the World! 3  
~~PALEO BREAKFAST  
RECIPES | Gluten  
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+ healthy!~~

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What I Eat in a  
Day Dairy \u0026  
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Gave Up Dairy

\u0026amp; Gluten -

85 Pounds Down -

Before and After

Weight Loss

Transformation

Pictures **WHAT I**

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**LIFE/CHANGE** How

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**Eat In A Day  
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Free, Dairy-**

**Free, Sugar-Free**

Allergy Friendly  
Pancakes: Gluten-

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WHAT I EAT IN A

DAY | Gluten

Free, Dairy

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**Gluten Dairy**

**Free Recipe**

Gluten- and  
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Cinnamon Raisin  
Bread After  
learning of  
gluten and dairy  
issues in our  
family, I knew I  
had to re-create  
our favorite

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sweet bread.

This gluten-free  
bread can be  
made using a

premixed gluten-  
free flour or  
your own  
homemade blend.

We use coconut  
milk to make it  
dairy-free, but  
any type of milk  
works!



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Would you like  
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- the two things  
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happily told you  
made up the  
majority of my  
diet at one  
point in time  
and I'm willing



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to bet you know  
the feeling.

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Chickpea Curry.  
The BEST Coconut  
Lentil &

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Chickpea Curry  
that's creamy,  
sweet, savory,  
spicy, and pairs  
perfectly with  
rice. Top it off  
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Quick & Easy  
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are... "Dried  
cherries add a  
bit of tartness  
and vegan  
chocolate chips  
double the  
chocolate fun in  
this dairy-free  
'nice cream'  
recipe," recipe  
creator  
Mackenzie  
Schieck says.

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This is one of  
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recipes. Simply

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brown the ground turkey and onions, make a simple sauce, then top with mashed potatoes and shredded dairy free cheese. After a few minutes in the oven it's ready to go!

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recipes, plus a  
recipe for  
gluten free  
bagels, and  
pancakes, too!.  
Hey Friday, you  
looking good!

**6 Delicious  
Gluten Free and  
Dairy Free Bread**

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Gluten-free  
Christmas

desserts

recipes, anyone?

Don't settle for

less, or better

yet, don't tell

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friends that any

of these are

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They'd never  
know the  
difference!  
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dessert recipes  
are here! All  
Coeliac-friendly  
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**20 Gluten-free**

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foods that are  
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anti-

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options.

**Anti-**  
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**Meal Plan of**

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## **Dairy-Free and Gluten-Free ...**

In bowl of stand mixer, measure gluten free flour by stirring the flour, scooping into measuring cup, and leveling off with a knife. Add yeast, then salt on the

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opposite side of the bowl. Add prepared pudding, butter, eggs, and milk and mix on low-medium speed until dough is smooth. This should take 1-2 minutes.

**Gluten Free  
Cinnamon Rolls -**

*Page 39/47*

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**the BEST &  
Fluffiest recipe**

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Dinner time does not have to feel limited on a GF DF diet. Here are 25+ Gluten Free and Dairy Free Recipes.

For one reason or another, more and more people are having to



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change up their diet. It can definitely be uncomfortable at first to change the way you've eaten all of your life. To help, here are 25+ Gluten free and Dairy Free recipe ideas if you're making the transition

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this Christmas  
pudding is moist  
and has a real  
zing. A less  
rich, more

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refreshing way  
to round off  
Christmas dinner  
3 hrs and 30  
mins

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