



Look Ma, No Grains!: (Another Grain-Free Cookbook from Rita Juanita)

By Rita Juanita Mock

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Cooking without grains can be a challenge. Rita, however, has been doing it for a few years now and loves the challenge of taking commonplace ingredients and substitutes for those who need to eat grain or gluten-free and creating new recipes. Some recipes include: Quinoa and Cheese Southwestern Beef N Bean Zesty Honey Mustard Chicken Green and White Salad Low Sugar Cinnamon Cookies Low Sugar Almond Mint Cookies Cheesy Beef N Asparagus Strawberry Pear Smoothie Banana Kale Smoothie Cantaloupe Nutmeg Smoothie Hearty (Fava Bean Flour) Pancakes and more.

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