



Beat The Bloat: Low FODMAP Recipes: Over 40 delicious gut friendly recipes to ease digestive symptoms

Christine Bailey

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This comprehensive recipe book provides a wealth of information about the Low FODMAP diet, foods to include and those to avoid as well as plenty of practical hints and tips for shopping and eating plus information on reintroducing foods. It also contains over 40 delicious recipes suitable for the whole family. All recipes are gluten free and each is clearly labelled to indicate whether it is also suitable for vegetarians, vegans, dairy free and paleo friendly.

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