



# Gluten Free Breakfast :The Ultimate Guide

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## **\* The Ultimate Gluten Free Breakfast Guide \***

Although wheat makes up a staple in the average American diet, it contains gluten, which can cause negative side effects in some people. Those sensitive to gluten can suffer digestive upset after eating gluten-containing foods, and people with celiac disease develop intestinal damage. A gluten-free diet helps you avoid these pitfalls and increases your quality of life. We have collected the most delicious and best selling recipes from around the world. Enjoy!

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