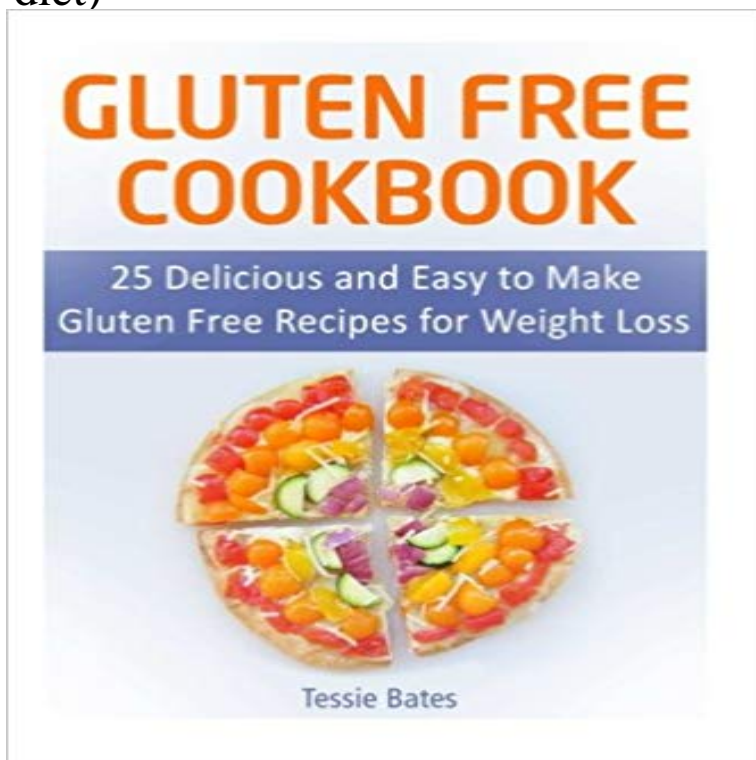


## Gluten Free Cookbook: 25 Delicious and Easy to Make Gluten Free Recipes for Weight Loss (gluten free cookbook, gluten free, gluten free diet)



The word gluten refers to a certain protein that is contained in wheat, barley, rye, or anything containing these ingredients. Those unfortunate enough to have celiac disease must avoid consuming any gluten-containing foods to avoid damaging their small intestine. There are also people who are gluten intolerant and have to avoid the protein as well. But there are many people who are opting to follow a gluten-free diet because of its widely-publicized health benefits. Many high profile celebrities like Zooey Deschanel and Chelsea Clinton have been very outspoken about their gluten-free diets, and the health benefits they have experienced as a result. These include: Weight loss Improved athletic performance Improved mental clarity Softer, clearer skin Higher energy levels Opting for a gluten-free diet for health reasons is not an automatic process. You still need to be very careful about which gluten-free foods you choose to eat. This book will provide you with 25 healthy, gluten-free recipes to cover your breakfast, dinner and snacking needs. Take your first steps towards a gluten-free diet with a carefully-picked selection of proven, healthy meals and snacks to kick start your weight loss and bring about some of the other benefits to a gluten-free life! Getting Your FREE Bonus Read this book to the end and see BONUS: Your FREE Gift chapter after the introduction and conclusion.

Hansen Family Farm  
Japanese Black Trifele

We are happy to provide quality fresh fruits, vegetables, Grass-fed and Finished Beef, Naturally & Humanely raised Pork, Pastured Chickens, and Cage Free Eggs to Clackamas County sustainably on our small acreage.

We strive to provide vegetables that grow well in our climate ensuring the best tasting local food available. We prefer to grow old-fashioned and rare varieties of vegetables believing that they are the best to offer but do also grow a very select, few varieties of hybrids, but they are counted on one hand! Much of what we grow, we save the seed of every year and re-offer it to members of the Seed Savers Exchange.

We thank all of you, the “locavores”, food enthusiasts, market goers, and home chefs for making our goal of fresh, local, fruits and veggies sustainably a reality.

Latest News....

Phil and Christie Hansen

2015 is off to a great start! We are looking forward to what this year has to offer!

All our efforts are gearing up to get the growing season started...from ordering/starting/transplanting seeds, planning rotation crops for the fields, cleaning the greenhouses and field equipment, and clearing the fields! There is not a dull day here on the farm!

Planning for garden start varieties is in full swing also. This year we will be offering many of our favorite heirlooms, open-pollinated, and hybrid varieties that we have grown for the past 10+ years as well as many new-to-us varieties. We are diligent to not purchase, offer or grow GMO seeds or food.

Our mix of garden starts includes many different varieties of tomatoes, cucumbers, peppers, ground cherries, pumpkins, melons, flowers and other great things for your garden! Most, if not all, varieties are tried and true for our Pacific Northwest valley climate. Check out the Garden Start page for a printable list of varieties available. Or go directly to a specific list at our Tomato, Pepper, and Other garden start pages.

We grew over 100 heirloom/open-pollinated Pepper varieties and 125+ varieties of heirloom/open-pollinated Tomatoes in 2014! Not counting the numerous other garden necessities like heirloom flowers, cucumbers, summer and winter squash, herbs, and melons amongst other rare and hard to find vegetables! In 2015 we will continue with the tradition we've started and will be planting and growing almost all the varieties that have been started so that even if you don't buy a plant you have a chance to taste a range of different flavors!

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