

Get 47 Easy Gluten Free Recipes for Any Meal

Rick Porter September 23, 2014



The Gluten Free Society offers over forty five free recipes that anybody looking to avoid gluten can easily make at home.

(Newswire.net -- September 23, 2014) -- The Gluten Free Society was founded by Dr. Peter Osborne in 2010 as a way to educate people on the effects of gluten intolerances on human health and wellness. As part of his efforts Dr.

Peter Osborne frequently adds many videos to his YouTube channel detailing how to make gluten free recipes or dinner and other meals. It is believed by top researchers that gluten sensitivities may affect as many as twenty million people in the United States. One of the greatest complications individuals trying to avoid gluten encounter is knowing what ingredients are safe to substitute in their cooking.

Dr. Peter Osborne, a board certified clinical nutritionist, and his team work together to come up with recipes that are not only gluten free but also taste great. Currently the channel features nearly fifty recipes, which will satisfy any palette, with new ones added frequently. A few of their most popular gluten free recipes right now are coconut lemon bars, slow cooked beef stew, and crispy flounder. They also have a fabulous pumpkin cookie recipe for the upcoming holiday season. The videos are short, easy to watch, and provide step by step instructions to make it easy for novice chefs to emulate.

[Dr. Peter Osborne](#) has been practicing since 2001 and has dedicated this time to the holistic and natural treatment of gluten sensitivities and gluten allergies. As a result of most cases of gluten intolerances being misdiagnosed and treated incorrectly Dr. Peter Osborne was motivated to create an organization dedicated to helping people identify and deal with gluten sensitivity. The result was the Gluten Free Society and the organization not only helps educate sufferers of gluten intolerances and sensitivities but also doctors and nurses to help them diagnose, treat, and identify them. In addition to the recipes they offer their services include instructional videos, audio, and written tutorials for those trying to adapt to a completely gluten free lifestyle.

Many common "gluten-free" recipes will actually cause symptoms in individuals with sensitivities. This is because the traditional definition of gluten is not one hundred percent correct. Most research only focuses on the grains wheat, barley, and rye when in fact there are many other ingredients causing a person's intolerance.

Subscribe to the [Glutenology channel](#) on YouTube for their great recipes and to be notified when new ones become available or [follow Gluten Free Society on Twitter](#) for the latest news. The Gluten Free Society also offers a healthy recipe book with 146 mouthwatering recipes available here: <http://www.glutenfreesociety.org/healthy-gluten-free-recipes/>

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