

Just to say Thank You for Checking out this book I want to give you a FREE copy of our upcoming report, Wheat Belly Decoded: The Beginners Guide to What Should and Should NOT be in Your Gluten Free Kitchen Go to WheatBellyLife.com to reserve your free bonus! One of the biggest challenges to going gluten-free is finding a way to enjoy all your favorite cuisines without compromising your wheat bellys happiness. Mexican style food is some of the heartiest, most exciting, delicious, and easy to prepare, but unfortunately its also one of the hardest to make gluten-free. Flour tortillas may be easy enough to replace with their corn counterparts, but they arent the only challenge to your gluten-freedom. Many of the traditional taco seasonings also contain gluten, as do other Mexican ingredients like refried beans, enchilada sauce, etc. This can make it near impossible to eat your favorite Mexican dishes out at restaurants, or even cook them yourself without risking your wheat bellys comfort! But never fear! Best-selling author Celia Cook is here! In *Wheat Belly Mexican: The Gluten Free Cookbook for Tacos, Tex Mex, and Fiesta Favorites*, Celia will teach you how to continue enjoying all your south-of-the-border favorites more than you ever have before! In *Wheat Belly Mexican* you will learn: * The fundamental knowledge you need to start making your own gluten-free Mexican food * Delicious recipes for gluten-free tortillas and taco seasoning * How to make the mouthwatering, gluten-free red sauce and green sauce * An assortment of tips and tricks for making classic appetizer recipes gluten-free * How to cook gluten-free versions of the most popular entrees in Mexican cuisine * Recipes for gluten-free side dishes and soups * How to whip up a variety of delectable gluten-free desserts * And so much more! Whether youre looking for a way to make your own gluten-free tortillas or are just interested in how to enjoy the Mexican flavors you love in a gluten-free way, this book will help you plan your own wheat belly friendly fiesta. No more sacrificing mouth-watering foods for the sake of your wheat belly. Get your copy of *Wheat Belly Mexican: The Gluten Free Cookbook for Tacos, Tex Mex, and Fiesta Favorites* and start putting the spice back into your life today!

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