

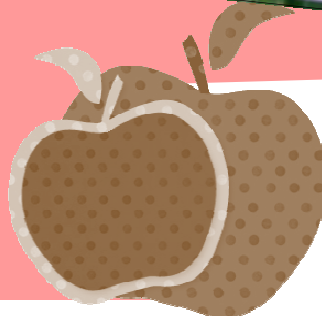
Recipes

Recipes designed to conform to the Specific Carbohydrate Diet, as outlined in the book, "Breaking the Vicious Cycle," by Elaine Gottschall. Visit NoMoreCrohns.com for downloadable recipes to file in your own 3-ring binder.



NoMoreCrohns.com

Delicious!



Enjoy Food Again!