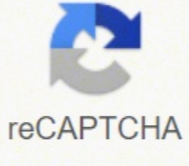
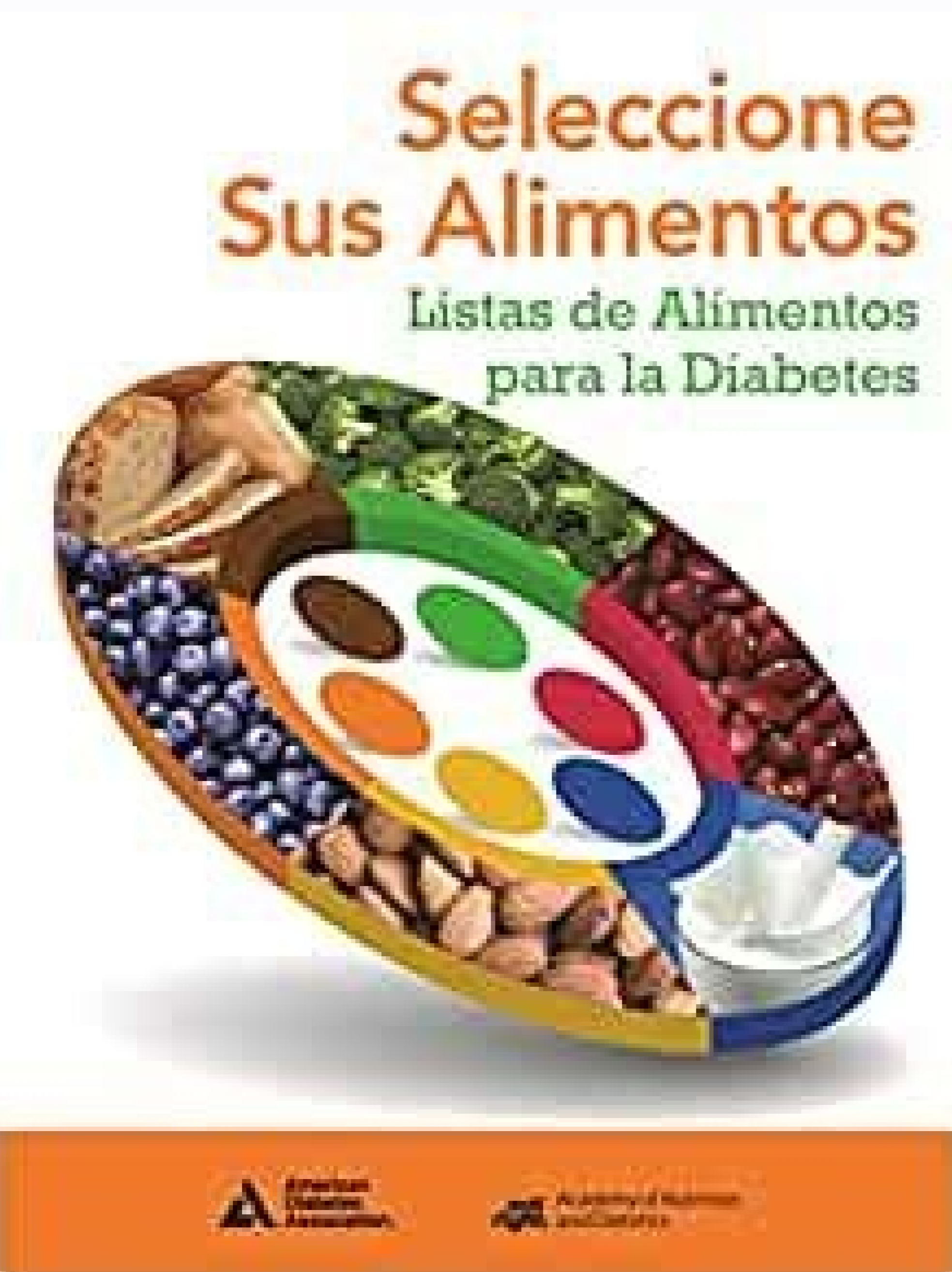
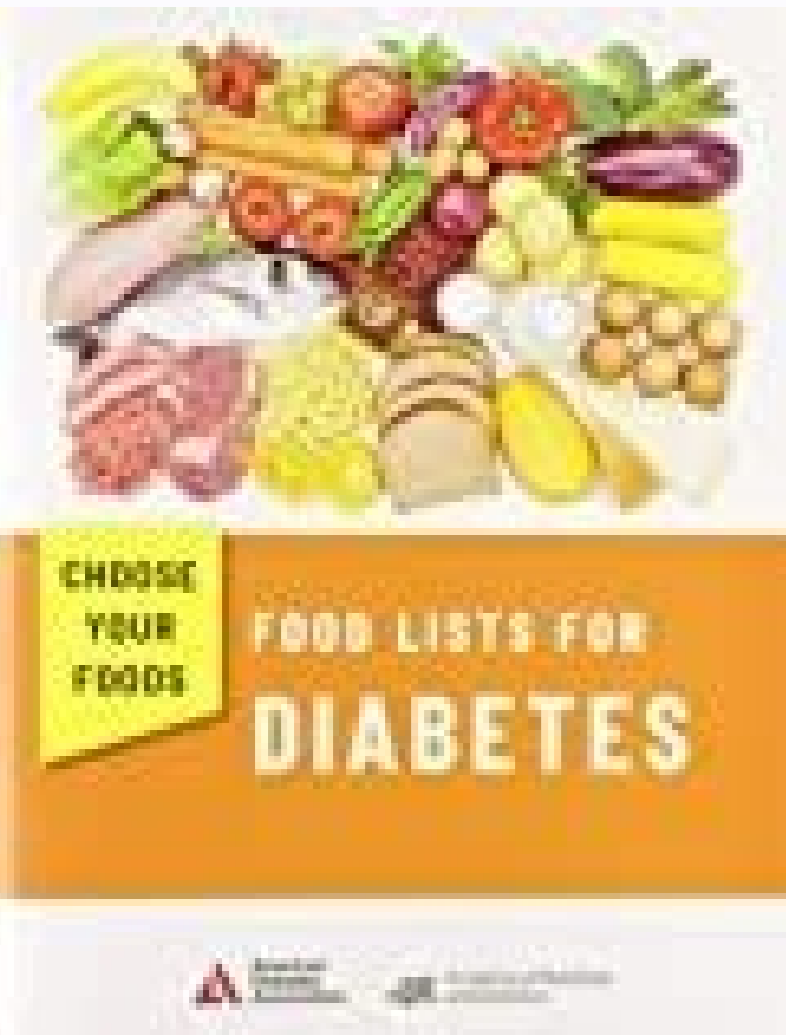
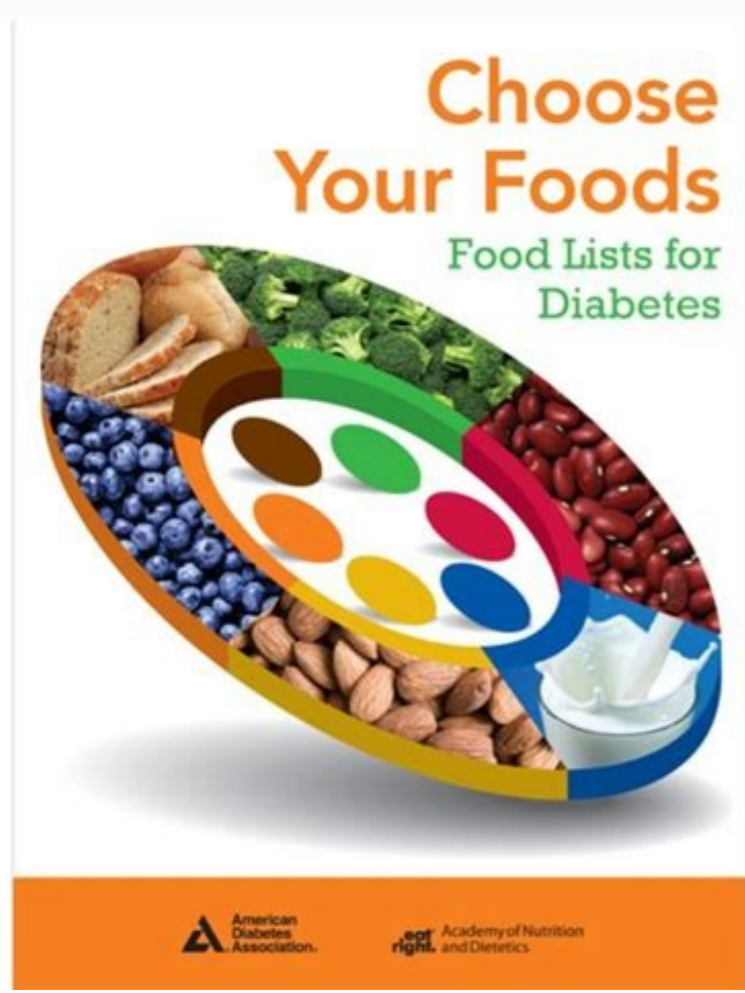




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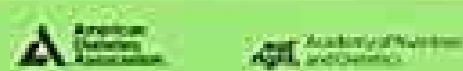
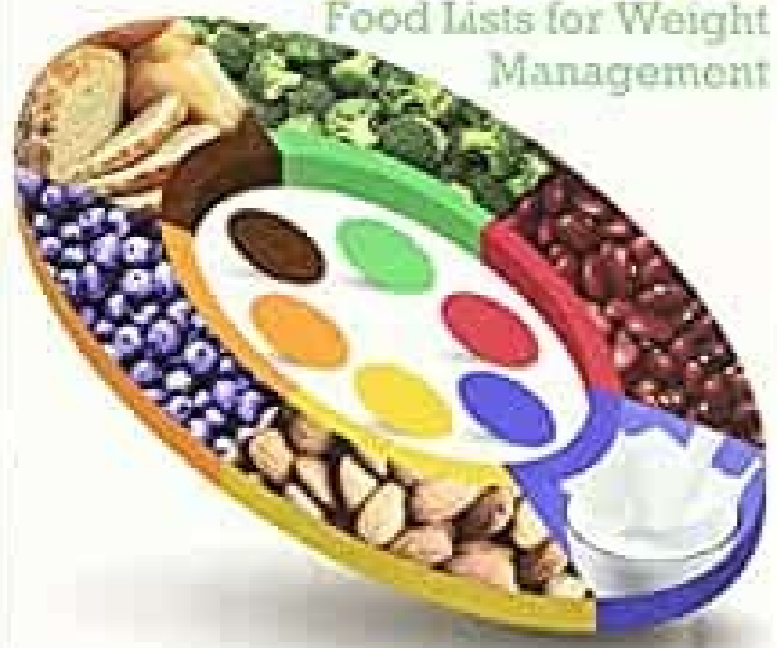


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Pseudocereals can be prepared and eaten similar to cereals, but they are not technically considered grains. Furthermore, the alleged benefits of a wheat-free diet can often be achieved in ways that do not require to rectify an entire food group from your diet. So it's worth considering if this diet offers you more professionals than against before trying it. Teff can also be mixed in chili pepper, transformed into porridge or used as a natural way to thicken dishes. Summary: Teff is one of the smallest grains in the world but high in fiber and protein. However, you have been encouraged to concentrate on integral and minimally processed foods. The wheat-free diet without grain allows most foods, as long as they are free of grains. This makes it an excellent source of protein à €

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