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has lived free from refined sugars and wheat since 2004 and, as a result, is maintaining a 60+ pound weight loss. Simply Sugar and Gluten-Free: 180 Easy and Delicious ... Amy Green, M.Ed., runs the website, Simply Sugar & Gluten-Free where she shares her passion for healthy living. Over the years Green has learned that eating healthier doesn't equal deprivation, has lived free from refined sugars and wheat since 2004 and, as a result, is maintaining a 60+ pound weight loss. Simply Sugar and Gluten-Free: 180 Easy and Delicious ... In the new cookbook, Simply Sugar and Gluten Free, Amy Green, M.Ed, the woman behind the SimplySugarandGlutenFree.com blog, hits the sweet spot for those with dual diagnoses. Although

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Amy isn't diabetic and doesn't have celiac disease (she's gluten sensitive), giving up gluten and sugar led her to good health. Staying Simply Sugar and Gluten-Free: Eating with Amy Green Amy Green, M.Ed., runs the website, Simply Sugar & Gluten-Free where she shares her passion for healthy living. Over the years Green has learned that eating healthier doesn't equal deprivation, has lived free from refined sugars and wheat since 2004 and, as a result, is maintaining a 60+ pound weight loss. Amazon.com: Simply Sugar and Gluten-Free: 180 Easy and ... Eliminating gluten and refined sugar from your diet doesn't mean hours in the kitchen or expensive, exotic ingredients. Follow these smart strategies and simple techniques to create tasty,

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