

Hey {{ subscriber.first_name }}

Learning what grains are gluten free and how to use them can be a challenge. Some questions you might ask include:

- Is this grain always gluten free?
- Does it cook differently?
- How do I use it?

Learning what gluten free grains are, how they cook, and finding healthy recipes can be overwhelming. But it doesn't have to be!

Learn Everything You Need to Know About Gluten Free Grains

We'll break down the most common gluten free grains, cover why they're good for you, teach you how to cook them, and so much more!

Cheers,

Team Name