

# BUCKWHEAT PETE BAKES

## PITAS & TEA BISCUITS



Easy No Wheat and  
Gluten Free Recipes  
No Corn, Soy, Milk or Eggs



→  
**PETER de Niverville**

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**Easy No Wheat and Gluten Free Recipes  
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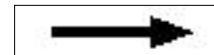
**by**

**Peter de Niverville**

**Dedicated to Sarah, Abigail and  
Barbara. My faithful taste testers.**

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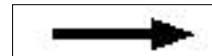


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# Disclaimer

No health claims are made for these recipes or for their suitability for any individual. Patients who have celiac disease, wheat allergy or are suffering from any other dietary disease, should consult a qualified health professional before trying these recipes.



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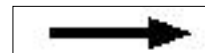
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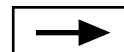
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**Buckwheat Pete's Honey 'N Buckwheat Tea Biscuits**



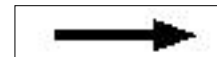
**Buckwheat Pete's Honey 'N Rice Tea Biscuits**





## About the Author

**Peter de Niverville is a freelance writer and broadcaster who lives in Riverview, New Brunswick, Canada with his wife, Barbara and their two daughters, Sarah and Abigail.**



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