[PDF] The Complete Allergy-Free Comfort Foods Cookbook: Every Recipe Is Free Of Gluten, Dairy, Soy, Nuts, And Eggs

Elizabeth Gordon - pdf download free book

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Description:

Review

"Allergy-free *and* comforting? Deliciously, yes. Elizabeth Gordon shows you how to cook food that's both safe and scrumptious for your entire family. We especially appreciate that the recipes are tasty--it can be tough to create great flavors when navigating food allergies. Elizabeth's instructions and insights are educational, entertaining and enticing." --Dan Hofland, VP of Marketing, SunButter

"This book is an absolute 'must-have' for anyone who has a food allergy. We keep it in our nutrition library as it's packed with delicious recipes that provide options for those who have food restrictions and it makes it fun, easy and enjoyable to eat again!" --The Nutrition Twins®, Lyssie Lakatos & Tammy Lakatos Shames, Registered Dietitians, Personal Trainers, and authors of *The Secret to Skinny*

From the Back Cover This book brings time-honored foods and flavors back into the lives of those with the most common food allergies and sensitivities—those with celiac disease or lactose and/or soy intolerance, and those following a gluten-free or casein-free diet, as well as those allergic to eggs and/or nuts. Its more than 100 delicious recipes are easy enough to make any night of the week.
They include: Banana Bread, Chicken Soft Tacos, Rosemary Smashed Potatoes, Whoopie Pies, and Chocolate Chip Cookies. --This text refers to the edition.

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