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Help! Food Allergies Coming to Dinner: The Pinch Hitter's Guide to Cooking Without Gluten or Dairy

By Kait Nolan

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Your boss is coming to dinner, and you just found out she's allergic to dairy. You love making food for the office, and a co-worker has gone gluten free. Your new sister-in-law is a celiac, and she's coming to the family reunion. You volunteered to bake for your son's class and just found out one of the kids has a milk allergy. You suspect that you might have a food allergy or sensitivity, and you know there's tons of stuff on the internet, but some of it has weird ingredients and you don't have a clue where to start. First of all, don't panic. As someone who has a food allergy, I know how difficult it can be on everybody who doesn't have to deal with it on a daily basis. It's a lot to navigate for anyone, and I can't tell you how much it means to us that you even try to accommodate our special needs. You get an A+ for effort no matter how it turns...



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