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## The Food Allergy Cookbook: A Guide to Living with Allergies and Entertaining with Healthy, Delicious Meals

By Carmel Nelson, Amra Ibrisimovic

Skyhorse Publishing, United States, 2015. Paperback. Book Condition: New. 190 x 186 mm. Language: English . Brand New Book. More than 11 million Americans are living with food allergies, including authors Carmel Nelson and Amra Ibrisimovic. With The Food Allergy Cookbook, the duo presents 101 tried and true recipes for foods from white bean artichoke dip, cream of mushroom soup, and cinnamon rolls to chicken pot pie, cranberry apple sauce, and fudge brownies All 101 recipes were carefully designed to make delectable dishes free of dairy, gluten, soy, corn, shellfish, and nuts. Each is made with readily available ingredients and paired with simple-to-follow cooking instructions and color images of the final dish. Surpassing other books in its genre that make bland meals or use hard-to-find ingredients, this volume is made to be stress-free with foods so good even people without allergies will crave them. It s the ultimate recipe book for those who like to have fun with food, enjoy cooking and playing in the kitchen, and want relief from the limited cuisine options typically available to them. In addition to breakfasts, lunches, dinners, desserts, and snacks, The Food Allergy Cookbook also provide a wealth of holiday menus to spice...



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