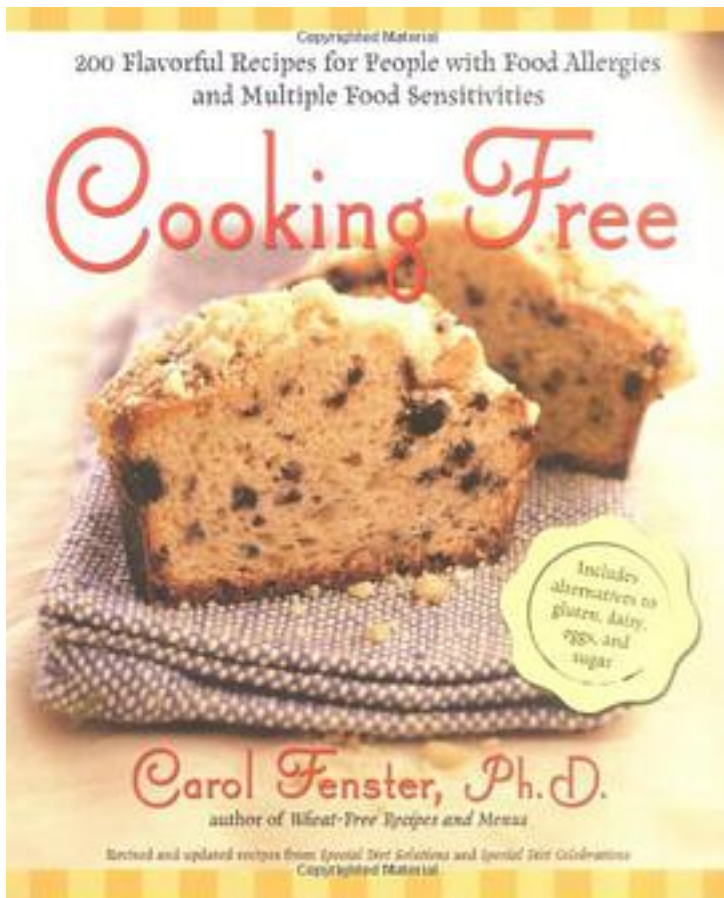


# Cooking Free



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著者:Fenster, Carol

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Now you can enjoy your favorite recipes with creative alternatives to gluten, dairy, eggs, and sugar.

Does wheat sensitivity keep you from eating hearty breads? Or lactose intolerance

mean the end of ice cream? Not anymore! Nutrition expert Carol Fenster has spent years developing recipes free of the food allergens that wreak havoc on your health, but full of the flavors you love.

Because so many of the 6 to 7 million Americans with food allergies have sensitivities to more than just one food, Fenster has created dishes that remove five of the most common allergens-gluten, dairy, eggs, and sugar-providing one book full of delicious recipes for you and your entire family, no matter what your individual dietary needs.

Complete with tips on cooking without traditional ingredients and conversion tables that will show you how to substitute alternative ingredients in your own recipes, this book can help keep you healthy while allowing you to indulge in delectable breads, entries, and desserts.

作者介绍:

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