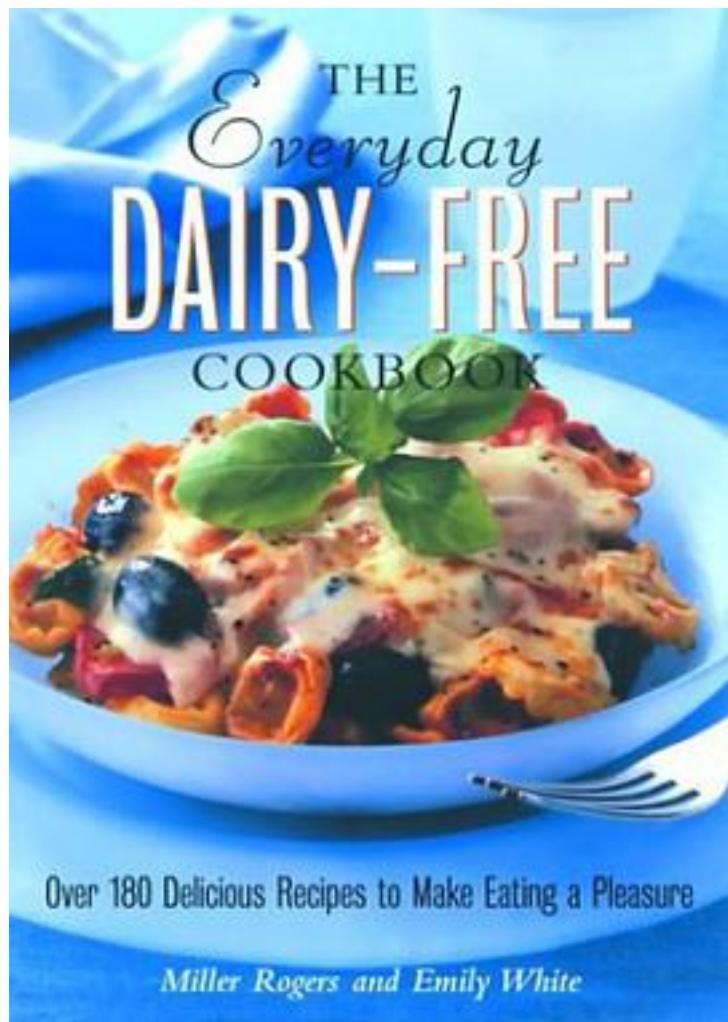


The Everyday Dairy-Free Cookbook



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著者:Miller Rogers

出版者:Surrey Books

出版时间:2003-04-04

装帧:Paperback

isbn:9781572840515

This cookbook by a nutritionist and a chef explains lactose intolerance in detail, from

recognizing symptoms to where to find help. The book includes 200 recipes for family meals; a special section on cooking for children; substitutions for milk, butter, and cheese; and menu suggestions and nutritional analysis. From Spaghetti Carbonara to Yorkshire Pudding to Macaroni and Cheese, these sumptuous dishes will please even the most discriminating palate.

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