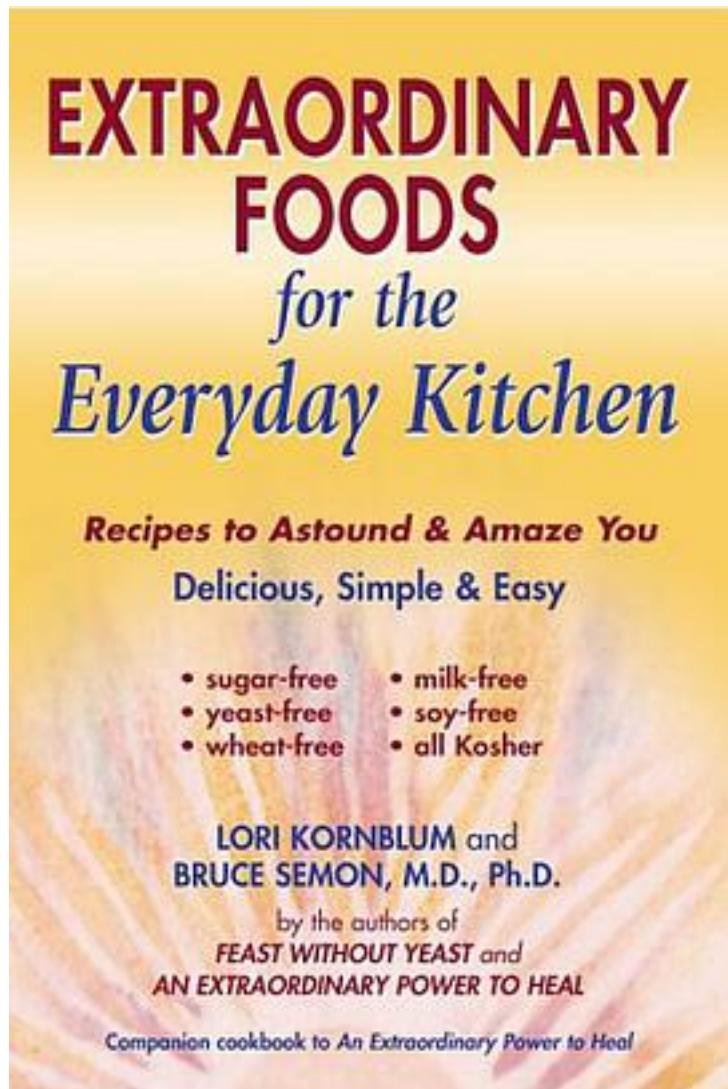


Extraordinary Foods for the Everyday Kitchen



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Extraordinary Foods for the Everyday Kitchen, by Lori Kornblum, and Bruce Semon, M.D., Ph.D. is a companion cookbook to An Extraordinary Power to Heal. Extraordinary Foods is completely free of yeast, wheat/gluten, milk/casein, and common allergens such as soy, corn, peanuts and rye. This cookbook is also completely kosher and sugar free. Containing more than 125 new, original recipes and more than 60 menus including recipes from both Extraordinary Foods and our first book, Feast Without Yeast:4 Stages to Better Health, the recipes and menus will astound and amaze you at how many unbelievably good tasting foods you can make with limited ingredients. This book goes beyond Feast Without Yeast, including recipes for tacos, pizza, salsa, falafel, many new salad dressings, mayonnaise, and other delicious foods that most people thought they had to give up on a yeast free, wheat free, dairy free diet. Extraordinary Foods uses no artificial ingredients and no "exotic" ingredients that require expeditions to specialty stores. All ingredients are whole foods, vegetables, and easy to find.

作者介绍:

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