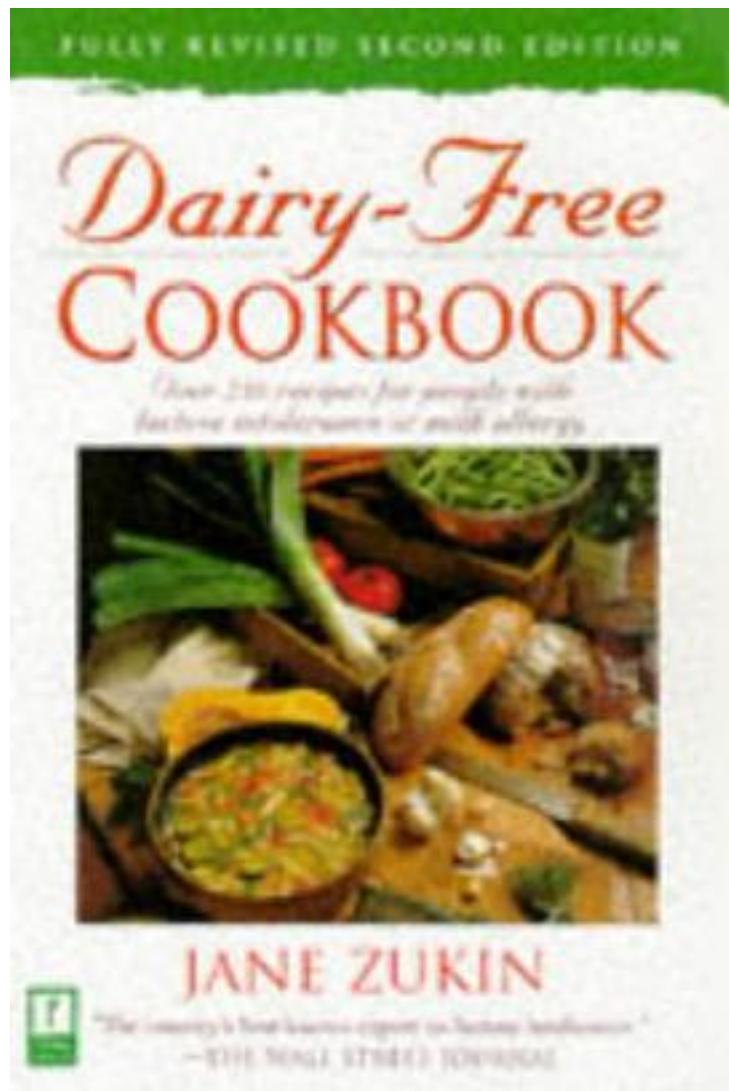


Dairy-free Cookbook



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著者:Zukin, Jane

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Delicious Milk-Free Recipes and Practical Information at Your Fingertips!

"What can you eat if you are extremely sensitive to lactose and live in a society where milk is everywhere and in everything? Read Jane Zukin's book!"

— From the foreword by Joel V. Weinstock, M.D., Department of Internal Medicine Director, Division of Gastroenterology, University of Iowa

Are you one of the millions of people who cannot drink milk or eat dairy products without pain and discomfort? If so, you are not alone. There are millions of people just like you. The problem is either milk intolerance or milk allergy. Either way, you and milk are not friends.

What to do? To your rescue comes Jane Zukin, called by the Wall Street Journal "the country's best-known expert on lactose intolerance." Here, Jane shows you how you can eat to your stomach's content, offering 250 delicious dishes the whole family will love. She also explains all you need to understand about milk intolerance and milk allergies. In addition, she explains how to deal with child-related issues and how to recognize the "hidden" milk products and by-products that lurk inside so many prepared foods.

But make no mistake. At its heart, this is a cookbook, and what a cookbook!

Inside you will learn how to prepare wonderful dairy-free versions of:

- Flaming Crepes with Fresh Fruit Filling
- Spinach Lasagne
- Tangy Watermelon Cooler
- Peanut Butter-Chocolate Bars
- And many more!

作者介绍:

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