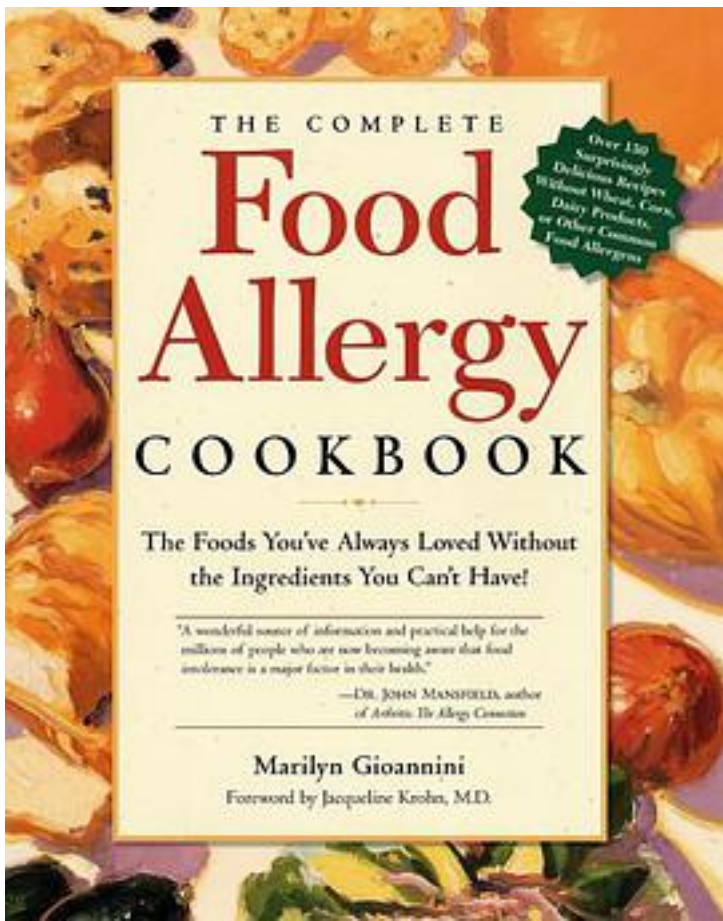


# The Complete Food Allergy Cookbook



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Delicious Recipes for Special Diets

Many common health problems can be traced to your diet. The Complete Food Allergy Cookbook makes the difficult task of changing your diet amazingly easy. Avoiding

common foods like wheat, corn and dairy products doesn't have to be a hassle, or mean giving up favorites like bread, pizza, or even ice cream!

At the heart of The Complete Food Allergy Cookbook are more than 150 appetizing recipes incorporating substitutions that finally make it possible to eat what you want without adverse reactions. In addition to hundreds of great ideas for delicious allergen-free cooking, you'll discover:

- Easy instructions for altering your favorite recipes
- Tips for eating in restaurants, at dinner parties, and while traveling
- Delicious ways to use alternative grains like kamut, quinoa, amaranth, and teff

作者介绍:

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