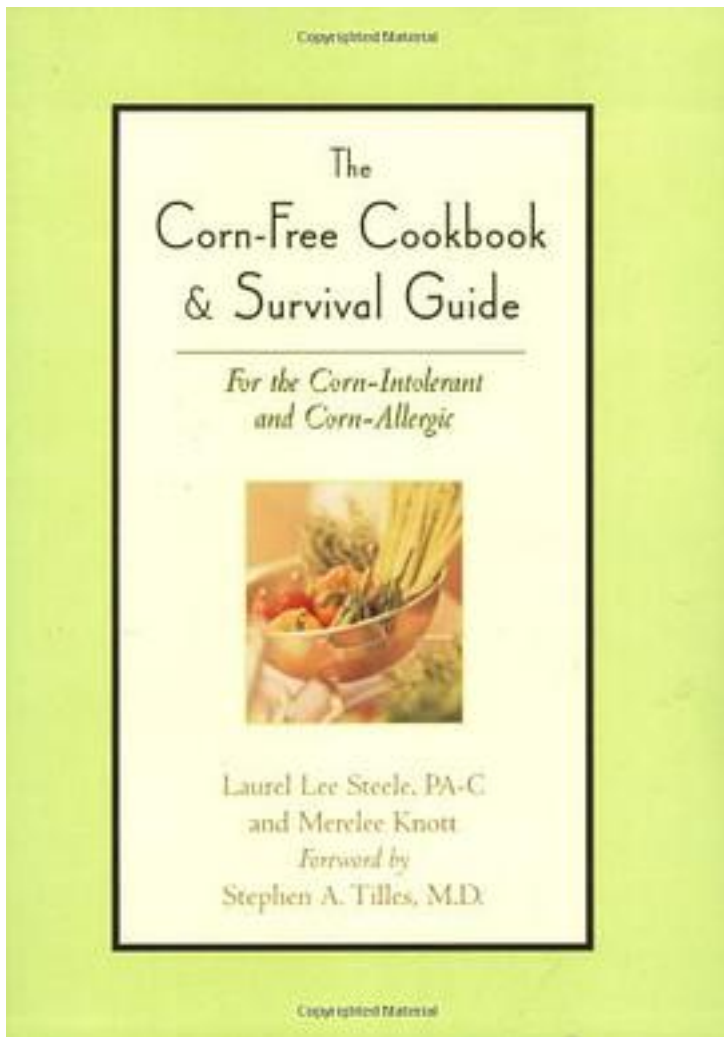


# The Corn-free Cookbook and Survival Guide



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著者:Steele, Laurel Lee/ Knott, Merelee

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Hundreds of thousands of people cannot eat corn. Being allergic or intolerant of corn,

they repeatedly request a corn-free cookbook from bookstores, but until now there have been none. The Corn-Free Cookbook and Survival Guide now fills that need. The numbers of corn-sensitive people are growing rapidly. At the same time, most packaged food contains corn derivatives, and hundreds of everyday food additives are made from corn. Thus it is incredibly difficult to avoid corn in one's diet. Surprisingly, corn is one of the top three causes of food intolerance in people. The Corn-Free Cookbook and Survival Guide has more than 150 corn-free recipes with many variations for differences of taste. It provides recipes for quick meals, breads and grains, veggies and salads, fruits and fruit salads, meats and fish, beans and eggs, milk and cheese, casseroles, soups, and desserts. The cookbook also teaches the survival skills people need when they must avoid corn, including how to read labels quickly, easily, and accurately. It also shows how to shop defensively (safely) at grocery stores, how to plan meals and customize recipes, how to add flavor with seasonings, and explain the difference between a corn allergy and a corn intolerance, and how to avoid corn at social events, restaurants, and while traveling. In addition, The Corn-Free Cookbook and Survival Guide summarizes the current medical knowledge about food reactions, including hard-to-find information about food intolerance. As such, it is the perfect tool for families and friends of people with corn allergies.

作者介绍:

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