



## All Natural Allergy Cookbook: Delicious Recipes Everyone Will Love! (Paperback)

By Jeanne Marie Martin

Harbour Publishing, Canada, 1992. Paperback. Condition: New. Language: English . Brand New Book. If you have food allergies or food sensitivities, this book was written for you. The All Natural Allergy Cookbook offers a wealth of information valuable to people with food allergies and to those interested in improving their diets by cutting down on eggs, meat or dairy. The book begins with some basic cooking tips to facilitate success in the kitchen and to maximize the digestibility and nutrient content of foods. These basic tips are followed by advice on bread baking, cooking whole grains and beans, using egg substitutes, alternative thickeners, tofu and milk substitutes. The recipes are largely made without salt, sugar, gluten, yeast, or dairy. The All Natural Allergy Cookbook contains more than 250 recipes, with hundreds of variations using natural foods, including amaranth, quinoa, teff, spelt and kamut. The book also contains complete cooking and baking tips, a buying guide, a storage chart, food family information, a food glossary and a book guide.



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