



The Whole Foods Allergy Cookbook: Two Hundred Gourmet & Homestyle Recipes for the Food Allergic Family

Cybele Pascal

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The Whole Foods Allergy Cookbook is the first cookbook to eliminate all eight allergens responsible for ninety percent of food allergies. Each and every dish offered is free of dairy, eggs, wheat, soy, peanuts, tree nuts, fish, and shellfish. You'll find tempting recipes for breakfast pancakes, breads, and cereals; lunch soups, salads, spreads, and sandwiches; dinner entrées and side dishes; dessert puddings, cupcakes, cookies, cakes, and pies; and even after-school snacks ranging from trail mix to pizza and pretzels. Included is a resource guide to organizations, as well as a shopping guide for hard-to-find items.

If you thought that allergies meant missing out on nutrition, variety, and flavor, think again. With *The Whole Foods Allergy Cookbook*, you'll have both the wonderful taste you want and the radiant health you deserve.

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