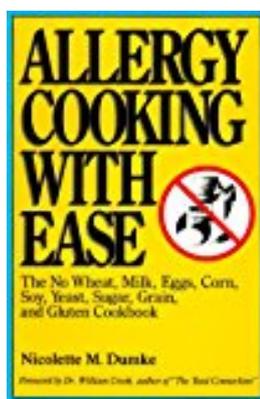


# [PDF] Allergy Cooking With Ease: The No Wheat, Milk, Eggs, Corn, Soy, Yeast, Sugar, Grain, And Gluten Cookbook

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#### Books Details:

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#### Description:

**From Library Journal** This book asks and answers the questions, "How, then, can we live?" Not only do folks with multiple allergies have to avoid completely many common foods that are the basis

of our national diet, they also must rotate other foods or food families, eating them just once or twice a week. Dumke provides recipes for a variety of foods, including desserts, ice cream, pizza, and other popular delights that allergy patients must give up. Many of the recipes, such as the ones for no-yeast bread, pizza crust, and teething biscuits, offer variations based on alternate flours. The book is enhanced by several indexes and tables. Food-family tables for all common plant and animal foods are indexed; there is a complete allergen avoidance index; an index to recipes by grains and alternatives; and a general index. This is a valuable addition to cookery collections and health collections and a helpful reference tool as well.

- *Carol Cubberly, Univ. of Southern Mississippi, Hattiesburg*  
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**Review** Allergy Cooking With Ease contains over 250 original, family-tested, delicious recipes using a wide variety of flours and includes both vegetarian recipes and those made with a variety of unusual sources of protein. Recipes can be found for those special foods that most food allergy patients think they will never eat again, such as pizza, ice cream, and hamburger buns. Also timesaving tricks, Allergen Avoidance Index, and Index to the Recipes by Major Grains or Grain Alternatives are included. Allergy Cooking With Ease is an essential addition to any food allergy sensitive's culinary bookshelf. -- *Midwest Book Review*

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