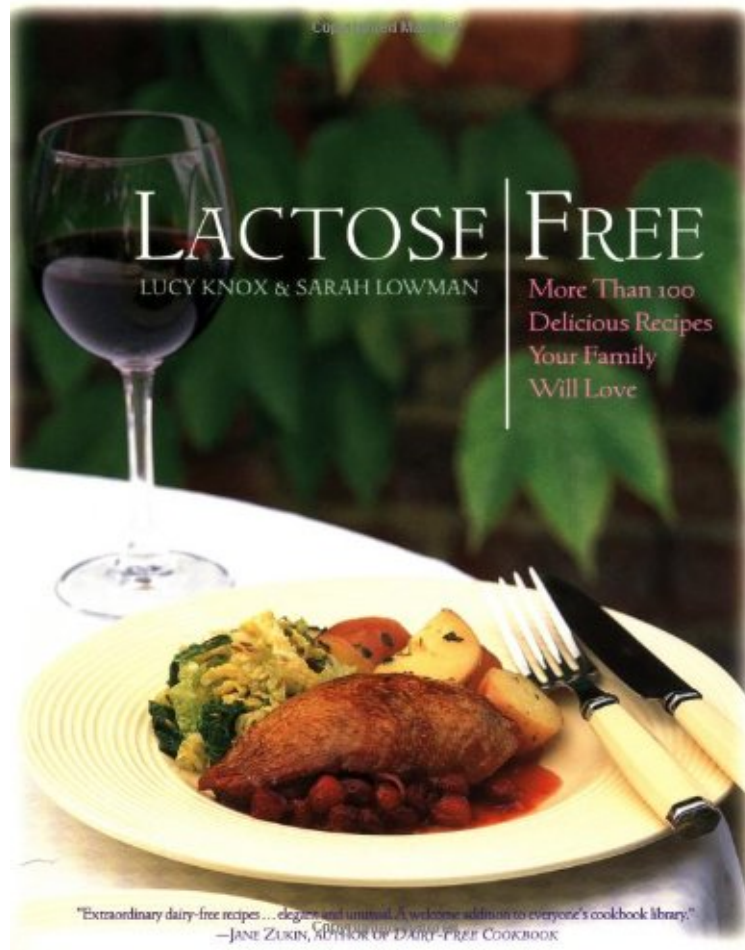


[Download pdf] Lactose Free: More Than 100 Delicious Recipes Your Family Will Love (Great Healthy Food)

Lactose Free: More Than 100 Delicious Recipes Your Family Will Love (Great Healthy Food)

Lucy Knox

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Lucy Knox : Lactose Free: More Than 100 Delicious Recipes Your Family Will Love (Great Healthy Food) before purchasing it in order to gage whether or not it would be worth my time, and all praised Lactose Free: More Than 100 Delicious Recipes Your Family Will Love (Great Healthy Food):

A NEW APPROACH TO THE LACTOSE-FREE DIET -- DELICIOUS FOOD WITHOUT WORRYMillions who cannot tolerate lactose in their diet no longer have to make do with cookbooks that provide safe but unappealing recipes. With more than 100 contemporary recipes that will delight the palate, please the eye, and satisfy family and guests -- whether they are lactose-intolerant or not -- "Lactose-Free" provides a welcome alternative, offering:

Tempting recipes for every meal of the day, from simple family dinners to special occasions, that don't rely on specialty ingredients. Inventive and delectable dishes include French Onion Soup with Sun-Dried Tomato Topping, Lemon Thai Shrimp, Duck with Cranberries, Toffee Bananas, and Chocolate Cake Bars. Complete nutritional information on every recipe, conveniently provided in a table in the back of the book. A chapter full of kid-friendly recipes, as lactose intolerance is increasingly prevalent among children. Important information on lactose intolerance and tips on how to choose ingredients that are safe to eat. Illustrated with beautiful full-color photographs and packed with helpful information, "Lactose-Free" proves that there is no need to sacrifice taste and aesthetic pleasure at mealtimes, even when certain items are "off the menu."

Jane Zuckin author of Dairy-Free Cookbook Extraordinary dairy-free recipes...elegant and unusual. A welcome addition to everyone's cookbook library. --