

[E-BOOK] The Allergy Cookbook: Tasty, Nutritious Cooking Without Wheat, Corn, Milk, or Eggs; Revised (Signet)

The Allergy Cookbook: Tasty, Nutritious Cooking Without Wheat, Corn, Milk, or Eggs; Revised (Signet)

Ruth G. Shattuck

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Ruth G. Shattuck : The Allergy Cookbook: Tasty, Nutritious Cooking Without Wheat, Corn, Milk, or Eggs; Revised (Signet) before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Allergy Cookbook: Tasty, Nutritious Cooking Without Wheat, Corn, Milk, or Eggs; Revised (Signet):

0 of 0 people found the following review helpful. Very Thorough Coverage By Tell Me A Story This book has well over 200 recipes, which in today's world of printing is pretty substantial. The book is divided into the following categories: -Yeast Breads-Quick Breads-Cakes-Cookies-Pies-Other Desserts-Meatless Dishes and Meat Extenders-Fish-Chicken-Beef-Pork-Lamb-Vegetables-Soups-Miscellaneous (tofu salad dressings, tofu pimento cheese, tofu dip, tofu whipped cream, mustard sauce, tomato sauce (2 kinds), etc. The menu options are the kind of foods, we grew up enjoying and in some cases, substitutions are offered in case you are allergic to a more common ingredient. What I like most about the book is that the ingredient options aren't hard to find and don't cost an arm and a leg to purchase. The book "cheated" in a few instances, as an example I saw wheat germ bread is included but if you have celiac disease or a wheat allergy there is a pretty good chance you won't want to eat this; however, if you are okay with arrowroot flour, rye or millet you can find a solution. Additionally, there were a couple of recipes with eggs and yogurt but considering the multitude of recipes you really can't get upset. Some of the recipes don't sound to exciting but I'm a bit picky. I do intend to incorporate some of these items into my cooking as I like variety and I find this to be more comprehensive

than many of these types of books available online or at a bookstore.

Created and tested by a nutritionist with over 30 years of experience, here's a bonanza cookbook of helpful hints and more than 300 recipes for fresh, tempting, palate-pleasing dishes that are free from the common allergens.