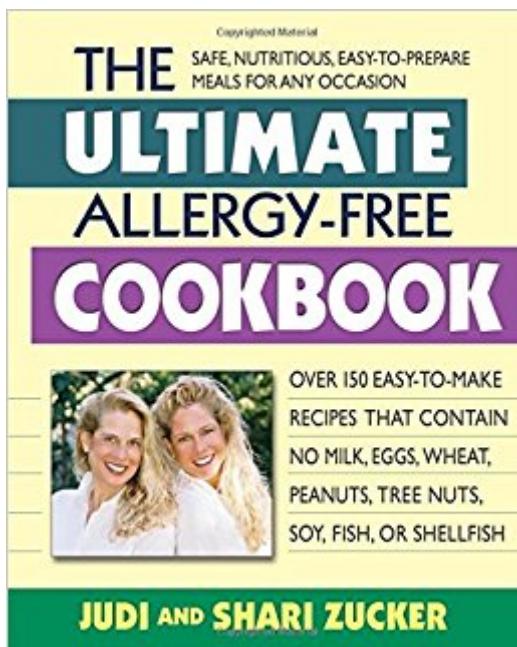


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# The Ultimate Allergy-Free Cookbook: Over 150 Easy-to-Make Recipes That Contain No Milk, Eggs, Wheat, Peanuts, Tree Nuts, Soy, Fish, Or Shellfish



## Synopsis

For too many people, the term "allergy free cooking" conjures images of bland and boring meals—dishes that seem to be "missing something." But the fact is that meals can be made flavorful, appealing, satisfying, and healthful, and still eliminate common allergenic foods. Now, best-selling authors Judi and Shari Zucker have created a cookbook that will guide you in doing just that. The Ultimate Allergy-Free Cookbook is an exciting collection of over 150 delectable dishes that contain absolutely no eggs, cow's milk, soy, wheat, peanuts, tree nuts, fish, or shellfish, the eight foods most likely to cause allergic reactions. The book first looks at the overall problem of allergies—what they are, how they can be identified, and what problems they can cause. It offers valuable information on the dangers of cross-contamination of allergens in packaged foods, and helps you understand food labels. You'll even learn how to stock a safe allergen-free kitchen. What follows are six chapters of taste-tempting recipes, including starters and appetizers, soups, salads and dressings, main dishes, desserts and snacks, and drinkable delights. Each recipe is designed to be clear and easy to use, and many include options that help you change up dishes to fit your family's preferences. Special emphasis has been placed on using wholesome and fresh products that are rich in nutrients and fiber, and low in calories. Throughout, clever time-saving tips help you fit healthy cooking into your life, no matter how hectic it may be.

## Book Information

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## Customer Reviews

I had to restock my kitchen the minute I found out I had a dairy, egg and wheat allergy. In The Ultimate Allergy-Free Cookbook there is a great chapter on How to Stock an Allergen-Free Kitchen.

In that chapter I learned about the grains and flours that are gluten-free that I could cook with. I love the fact that I can buy the ingredients in any store. The recipes are easy to make and great tasting! I am a muffin lover! The Pumpkin, Banana and Apple Blueberry Muffins are yummy!

I don't have any food allergies. I was just looking for a recipe book that had good vegan recipes because I don't eat dairy, eggs, fish or meat. I was blown away at how many great and tasty recipes are in this book. I ended up buying a couple of extra books for my parents and in-laws who are always asking, "What can I cook for you?" when they invite me over for dinner. I eat big salads everyday, so it was so cool to find so many different salads in this book from "Creamy Coleslaw" (which was so light and not full of heavy mayonnaise yet love the lemon juice that kicks in great flavor) to the "Chickpea-Tomato Salad with Fresh Basil"! The Ultimate Allergy-Free Cookbook is a filled with excellent ideas too. I like the "Change it up" part under each recipes that gives unique add ons to each recipe. Love the book!

I have the Ultimate Allergy-Free Snack Cookbook by the Zuckers and have used it regularly for the past 2 years. I was so glad to see this new book with recipes for meals, side dishes, drinks and desserts. So far I have made many of the salads and dressings, which were all delicious, and several of the main dishes, which were a big success. The book is well organized with easy to read recipes and ideas for variations on the recipes. I do not have food allergies but have many guests who do, so this is now my go to book for company. But the recipes are so great we use them all the time. There is also lots of great information on stocking a healthy kitchen, which is very helpful and informative.

Allergies are becoming almost the norm. I am glad for the Zucker Twins who researched everything and wrote their series of cookbooks. It makes eating not a guessing game. You know that what you are making is good for you. These recipes are simple to follow.

When I was younger, my parents always wanted me to eat fish. Yet, every time I ate it, my lips and tongue would swell up and I would get this horrible tingly feeling. I was never a big fan of seafood because I didn't like how I felt after I ate it. I know now that I am allergic to fish and shell fish. I had trouble finding interesting and tasty recipes to make for myself and family until I found The Ultimate Allergy-Free Cookbook. I really enjoyed making the "Very Veggie Sushi Rolls" and my kids loved them! It was easy to make with diagrams showing how to spread the rice on the sheet of nori and

roll it up. I made the Perfect Pumkin Chewies which are a chewy cookie that tasted so good. I didn't expect to find so much helpful information in the book like the "Resources" section that gives names of organizations and helpful web sites for those who have food allergies and learning where hidden allergens may be. For example, I never thought to ask if Caesar salad dressing had anchovies in it! I am really happy with this book. It's my new favorite cookbook!

I have had a peanut allergy all my life, and it's been difficult for me to find tasty foods without peanuts or peanut oil. Mrs. Marples Maple Meltaway cookies use sunflower seed butter instead of peanut butter and they are terrific! I store them in the freezer whenever I get a snack attack. Besides delicious desserts, there is a vast variety of allergen-free recipes that are easy to make like The Polenta Pie Casserole and Toasted Corn Tacos with Black Beans. I made the taco's with pinto beans, and the tacos were equally great tasting! In the book there's a chart on foods which include avocado, chocolate, garlic, onions and other foods that dogs are allergic to. This is my new favorite allergen-free book!

This book was a gift for someone who loves cooking and does a lot of it for her family with many food allergies. She was pleased with the book, and says that the books has tons of recipes that actually appeal to her children. She also appreciated that there were suggestions on how to spice up the recipes to keep them from getting boring.

I think this is the cookbook that will save all of us. With confidence and honesty I can tell you that this is the best allergy-free cookbook that I have ever read. The entire book is smart, the information is easy to find, and it is well-organized. So if you're looking for a book to help guide you through your first forays into a healthy lifestyle, or if you want something you can give to a friend or family member to help them improve their health, this is an excellent choice. It is easy to read, it contains all the information you need, and the yummy recipes will keep anyone from feeling overwhelmed. To end this review, I just want to take a minute to personally thank Judi and Shari for truly pouring their hearts and their energy into this book. The recipes just jump off the pages. With all the information floating around in the dual brains of Judi and Shari, I know this cookbook is going to touch a great many lives.

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The Ultimate Allergy-Free Cookbook: Over 150 Easy-to-Make Recipes That Contain No Milk, Eggs, Wheat, Peanuts, Tree Nuts, Soy, Fish, or Shellfish The Allergy-Free Family Cookbook: 100

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