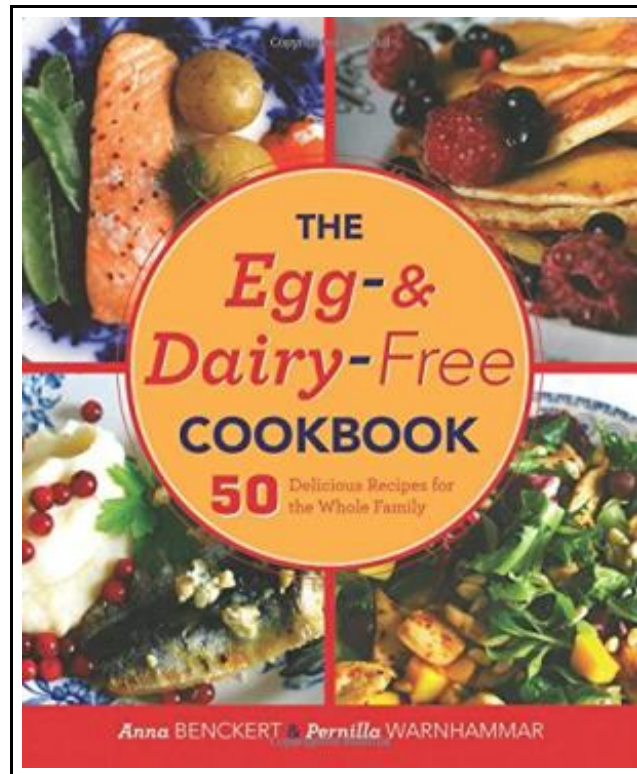


The Egg- and Dairy-Free Cookbook: 50 Delicious Recipes for the Whole Family



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(Dr. Rosie Kuphal)

THE EGG- AND DAIRY-FREE COOKBOOK: 50 DELICIOUS RECIPES FOR THE WHOLE FAMILY



Skyhorse. 1 Cloth(s), 2012. hard. Book Condition: New. Whether you have a food allergy or are simply trying to remove eggs and dairy from your diet, this cookbook offers family-friendly meals that are adjusted for dietary concerns without sacrificing taste and satisfaction. Chef Anna Benckert and food stylist Pernilla Warnhammar both have children with egg allergies, and together developed this collection of recipes, including Ratatouille with Couscous and Spicy Sausage, Fried Herring Stuffed with Olives and Sage, Jerusalem Artichoke Soup, Dairy-Free Pizza, Spinach Soup with Lentils, Carrot Burger with Horseradish Dressing, Potato Salad with Cumin, and Shrimp Pie with Spinach. The book also provides a guide to substitutes for eggs and milk, including soy, oatmeal, tofu, sesame oil, and coconut milk. 112.

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