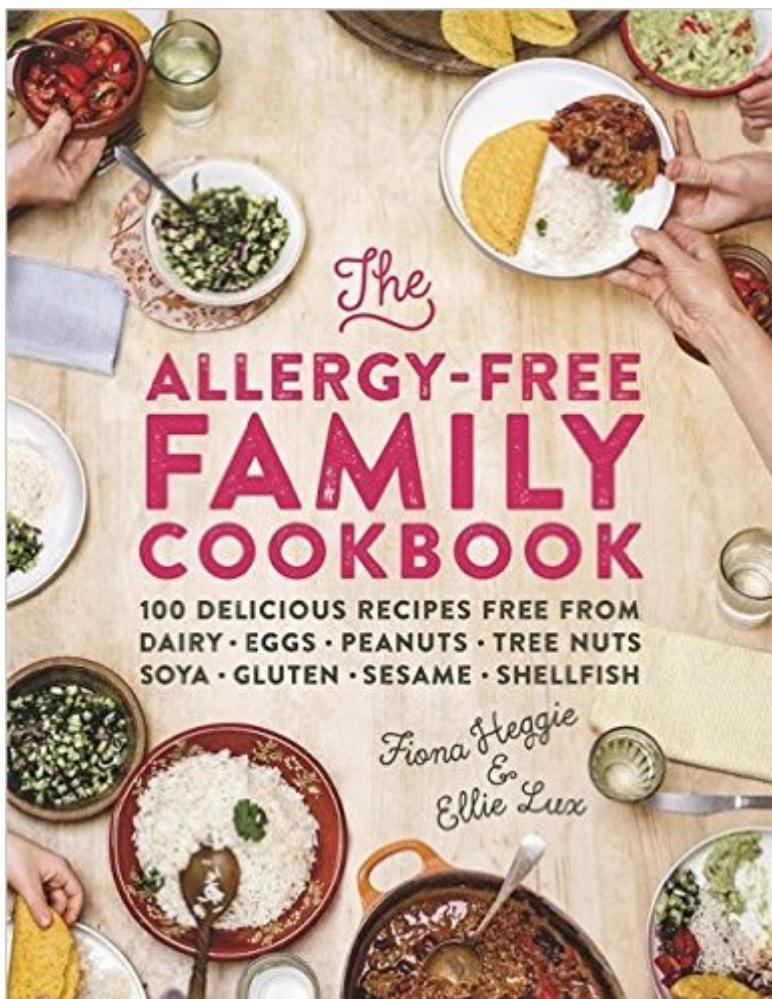


The book was found

The Allergy-Free Family Cookbook: 100 Delicious Recipes Free From Dairy, Eggs, Peanuts, Tree Nuts, Soya, Gluten, Sesame And Shellfish



Synopsis

It's daunting when your child is diagnosed with a food allergy but just because they're allergic to one, or indeed, several types of food doesn't mean that they can't eat delicious meals with the rest of the family, benefit from a healthy, balanced diet or (should they deserve them!) have tasty treats. From shepherd's pie, risottos, Thai curries and casseroles as well as cakes and desserts, The Allergy-Free Family Cookbook is packed full of 100 nutritious recipes, which allow everyone around the table to enjoy the same meal. Using ingredients that can be readily found in supermarkets, each recipe is free from all eight major food allergens: dairy, eggs, peanuts, tree nuts, soya, gluten, sesame and shellfish.

Book Information

Hardcover: 256 pages

Publisher: Orion (March 8, 2016)

Language: English

ISBN-10: 1409155811

ISBN-13: 978-1409155812

Product Dimensions: 7.8 x 1 x 10 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (1 customer review)

Best Sellers Rank: #273,676 in Books (See Top 100 in Books) #14 inÂ Books > Health, Fitness & Dieting > Children's Health > Allergies #124 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #478 inÂ Books > Cookbooks, Food & Wine > Special Diet > Allergies

Customer Reviews

So excited to get this new book. I love the recipes that are so quick and easy to make. It is written by two British mums and all the ingredients are really easy to get in my local stores in Brooklyn. All the recipes are free from 8 major allergens and the recipes give advice about what you can add back in if you are not allergic. I would definitely recommend this book to anyone with an allergy, especially multiple allergies or intolerance. So pleased I purchased this book!

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The Allergy-Free Family Cookbook: 100 delicious recipes free from dairy, eggs, peanuts, tree nuts, soya, gluten, sesame and shellfish Vegan: 101 Quick-Fire, Dairy Free and Low Carb Vegan Diet

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