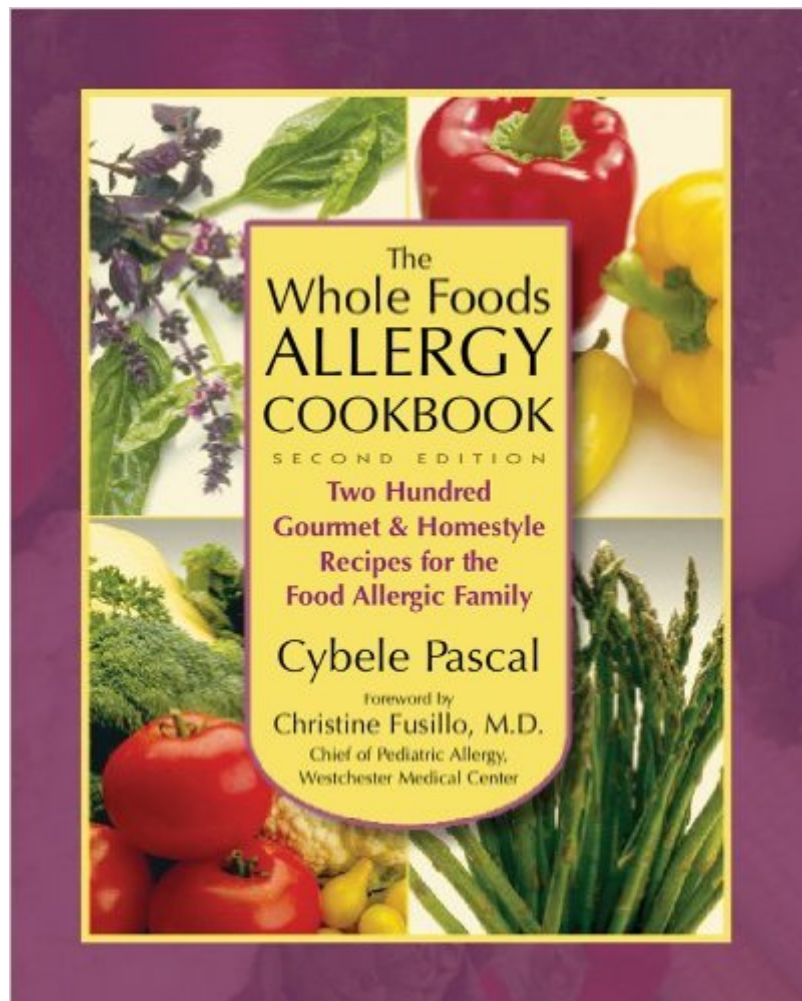


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# The Whole Foods Allergy Cookbook, 2nd Edition: Two Hundred Gourmet & Homestyle Recipes For The Food Allergic Family



## Synopsis

The Whole Foods Allergy Cookbook is the first cookbook to eliminate all eight allergens responsible for ninety percent of food allergies. Each and every dish offered is free of dairy, eggs, wheat, soy, peanuts, tree nuts, fish, and shellfish. You'll find tempting recipes for breakfast pancakes, breads, and cereals; lunch soups, salads, spreads, and sandwiches; dinner entrées and side dishes; dessert puddings, cupcakes, cookies, cakes, and pies; and even after-school snacks ranging from trail mix to pizza and pretzels. Included is a resource guide to organizations, as well as a shopping guide for hard-to-find items. If you thought that allergies meant missing out on nutrition, variety, and flavor, think again. With The Whole Foods Allergy Cookbook, you'll have both the wonderful taste you want and the radiant health you deserve.

## Book Information

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (157 customer reviews)

Best Sellers Rank: #293,794 in Books (See Top 100 in Books) #67 in [Books > Health, Fitness & Dieting > Nutrition > Food Allergies](#) #78 in [Books > Cookbooks, Food & Wine > Special Diet > Whole Foods](#) #126 in [Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy](#)

## Customer Reviews

This cookbook was a very helpful addition to my library. I have tried 7 recipes so far and my husband and kids loved them all. I can't believe it! My 11-year-old has multiple food allergies and my 5-year-old's allergist suggested that we try to go organic because of some ADHD-type issues (possible allergies to food additives, pesticides or preservatives?) and this seems to be a perfect resource. I like the juxtaposition of simple recipes for meat and potatoes types like my husband (meatloaf, swedish meatballs, coleslaw, chocolate cake, apple and cherry pie, mashed potatoes, cream soups, soft pretzels, shepherd's pie, chili, pot pie, banana bread, cornbread) with the more sophisticated recipes for things like osso bucco, chicken marsala, pomegranite glazed rock cornish game hens, curried lamb, and vietnamese summer rolls. You get an authentic feeling when the

author writes about her italian dishes. She often gives familial/personal anecdotes which are fun to read. I wish my food heritage was so rich!As for some of the negative comments I've seen here, I'm surprized. Substitutes are always offered for people with severe wheat allergies. She has a section where she talks about mixing types of flour (specifically as an alternative to spelt) to get optimal results and she offers another book as a resource. In the beer-batter chicken nugget recipe, she suggests a specific brand of wheat-free beer (and, by the way, the alcohol cooks out). I agree about the chopped livers, sorry...but there are 199 other recipes I'll try. She has included a great pantry list.I found spectrum oils at my local health food store. The author also included a resource section and the website for spectrum oils is there.

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