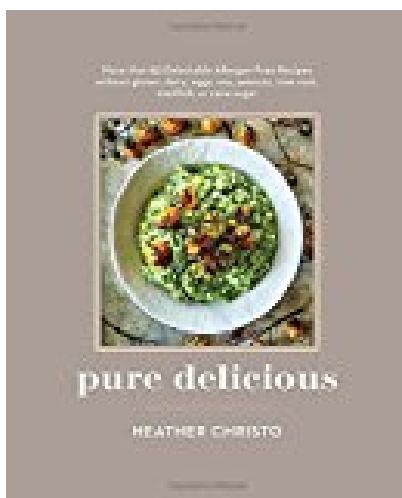


# Pure Delicious More Than 150 Delectable Allergen-Free Recipes Without Gluten Dairy Eggs Soy Peanuts Tree Nuts Shellfish or Cane Sugar

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## BOOK DETAILS

- Author : Heather Christo
- Pages : 352 Pages
- Publisher : Pam Krauss/Avery
- Language : English
- ISBN : 0553459252

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## BOOK SYNOPSIS

The most beautiful and comprehensive resource available for anyone facing food allergies — or cooking for someone who does — with 150 shockingly tasty recipes. Allergen-free cooking has never been easier or more appealing than in these recipes made entirely without dairy, soy, nuts, peanuts, gluten, seafood, cane sugar, or eggs. Created by a mother (and power blogger) whose young children were diagnosed with severe food allergies and herself has multiple food sensitivities, this collection of family-friendly recipes means no more need to make multiple meals; everyone can enjoy every single dish because all are free of the major allergy triggers. With an 8-week elimination diet to help readers identify allergens and a game plan for transitioning to a cleaner, safer way of eating that is kid-tested and parent-approved, Pure Delicious changes cooking for the family from a minefield to an act of love.

### **PURE DELICIOUS MORE THAN 150 DELECTABLE ALLERGEN-FREE RECIPES WITHOUT GLUTEN DAIRY EGGS SOY PEANUTS TREE NUTS SHELLFISH OR CANE SUGAR**

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