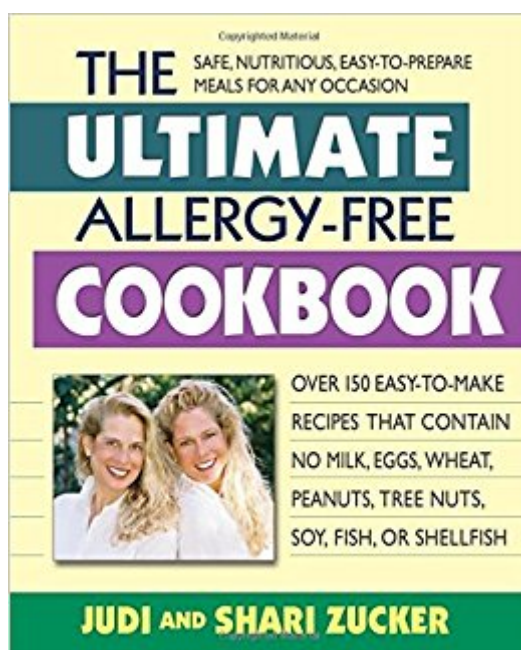


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# The Ultimate Allergy-Free Cookbook: Over 150 Easy-to-Make Recipes That Contain No Milk, Eggs, Wheat, Peanuts, Tree Nuts, Soy, Fish, Or Shellfish



## 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

“A useful resource for the recently diagnosed and/or parents of children with

allergies. (Publishers Weekly) "Recipes are simple and combine fresh, common ingredients to create tasty dishes . . . With its easy, flavorful, and healthy dishes, this allergy- and vegan-friendly collection will delight many." (Library Journal) "An uncommon cookbook which addresses a common problem -- preparing meals for any occasion for folks living with food allergies . . . provide[s] straightforward recipes for preparing delicious meals that you and your family will actually enjoy eating . . . There are many reasons to love this cookbook, but let's not overlook the best reason of all -- the recipes -- bursts of color, flavor and texture all." (Kitchen Ade)

Judi and Shari Zucker both graduated from the University of California in Santa Barbara, each majoring in Ergonomics -- the study of human physiology, physical education, and nutrition. Fondly dubbed the "Double Energy Twins," they have made it their mission to teach children and adults the importance of maintaining a healthy lifestyle. In addition to being interviewed on numerous radio and TV shows, Judi and Shari have lectured on the topic of health and nutrition throughout the United States. They are the authors of four titles, including their bestseller, Double Energy Diet. Currently, both authors live in the Santa Barbara area with their families.

Always checking out cookbooks that promise allergy free recipes. (Unfortunately, somebody can be allergic to anything -- I can't eat turmeric!) There are recipes from this book that I will be trying out over the coming year, but for now I am happy just reading this book for ideas. This is good and much appreciated, just wish it had some more versions of my favorites with a little more creativity in substitutions. I like to make chocolate chip cookies, banana pancakes and stews that nobody guesses are vegan, and yet have as few ingredients or time-consuming steps as possible. (I make all meals from scratch despite a busy life, so food prep time is critical.) Over the past year I brought down my blood sugar from 101 to 86 and improved HDL and LDL cholesterol partly by using organic fruit/veggie purees to make meals satisfying in sweetness, fiber and even protein.

Lots of great recipes and allergy info. Very good book. Arrived quickly

great book!

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 filled with excellent ideas too. I like the "Change it up" part under each recipe that gives unique additions to each recipe. Love the book!

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!

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 shellfish. 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 Pumpkin 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 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.

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!

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