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Love Your Food Again: Ingredient Substitutions for Allergy-Free Living

Susan J. Hardesty

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Inflammation caused by food allergies has become so wide-spread in today's society and finding the right ingredient substitutions just takes some creative thinking. Whether you are gluten-free, grain-free, dairy-free, nut-free or soy-free, this book will show you creative ways to make ordinary food ingredients pull double-duty in ways you never imagined! You will be able to create dishes like pizza, pasta, waffles and snack foods that you have longed for. In addition to substitution suggestions, included are recipes for delicious and nutritious meal ideas. This book is also a must-have if you prepare foods for family and friends with food allergies.

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