

Sophie-Safe Cooking A Collection of Family Friendly Recipes that are Free of Milk Eggs Wheat Soy Peanuts Tree Nuts Fish and Shellfish



BOOK DETAILS

- Author : Emily Hendrix
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BOOK SYNOPSIS

If you are allergic to one or more of the eight most common food allergens, Sophie Safe Cooking is the allergy cookbook for you. Every recipe in Sophie Safe Cooking is free of milk, eggs, wheat, soy, tree nuts, peanuts, fish and shellfish. The recipes are easy to follow and call for familiar, easy to find ingredients. All of the recipes have been tested by cooks like you, and loved by tasters with and without allergies. Even with food allergies, you can still have pancakes for breakfast, meatballs at dinner, and cookies or cake for dessert. 12 million people in the United States alone have food allergies, and they find ways to enjoy their food. With more than 100 recipes, including muffins and breads, main dishes, salads, sides and even desserts, this cookbook will help you to enjoy your food as well!

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