

The Egg- And Dairy-free Cookbook: 50 Delicious Recipes For The Whole Family - , Pernilla Warnhammar

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It might seem as though every food is prepared with milk and eggs, but that is far from the truth! Anyone who has been searching for easy, delectable, and healthy dishes free of eggs and milk will find a plethora of ideas in this amazing cookbook. Whether you have allergies or just want to omit eggs and dairy from your diet, you can do so without feeling like you're missing out on flavor or taste. These dishes will ensure a tasty meal for breakfast, lunch, dinner, and dessert, and they are perfect for kids and adults. Recipes include olive and sage fried herring, salmon sandwiches, chicken salad with fruit and vegetables, sushi, spinach balls, spinach soup with lentils, fruit smoothies, and pancakes. This handy guide discusses many substitutes for eggs and milk, like soy, oatmeal, tofu, sesame oil, and coconut milk, and now you can learn how to use these ingredients so that you can quickly whip up any meal with ease. Anna Benckert and Pernilla Warnhammar, who both have kids with milk and egg allergies, created this cookbook because of the sheer frustration of not being able to give their children foods that other children could eat. And the meals in this cookbook are not only nutritious and wholesome, they taste great, too!

Author: Benckert, Anna Author: Pernilla Warnhammar Publisher: Skyhorse Publishing Illustration: N Language: ENG Title: The Egg- and Dairy-Free Cookbook: 50 Delicious Recipes for the Whole Family Pages: 00112 (Encrypted EPUB) On Sale: 2012-01-23 SKU-13/ISBN: 9781620872130 Category: Cooking : Health & Healing - Allergy

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