

## Dairy Free Delicious

If you think steering clear of dairy means giving up your favorite dishes, you're in for a delicious surprise. In *Lévana Cooks Dairy-Free!*, respected restaurateur, chef, and cooking instructor Lévana Kirschenbaum offers a collection of creative and luscious recipes, made with natural dairy alternatives such as soy, rice, oat, almond, and coconut milks—all significantly leaner than their fatty dairy counterparts. Addressing the needs of the lactose-intolerant community, as well as everyone who keeps kosher, Lévana includes a wide range of both vegetarian and meat fare, from avocado cucumber soup and blueberry scones, to lasagna and ice cream. Regular cheesecake doesn't hold a candle to hers!

*SUPERANNO Shows* how to make more than 150 baked items such as cakes, bread, and pies without gluten, dairy (GFCF) or allergens. Includes color photos and help for the newly diagnosed. This must-have cookbook is for those with celiac disease, gluten or dairy intolerance, food allergies, autism, ADD, Crohn's disease, asthma, IBS, ADHD, Asperger's syndrome or anyone looking for a healthier approach to baking. Original.

Lactose is the primary sugar found in milk. Digestion of lactose requires the enzyme lactase, which breaks lactose into simpler sugars. When the intestine produces little or no lactase, milk sugar is not digested. New-born babies require high intestinal lactase levels for survival. Later in life though about two-thirds of all people lose the ability to produce lactase. Most of the people who keep producing it throughout adulthood are those of European ancestry but in other ethnic groups - Mexican, Jewish, African, Asian and Native American 75 to 100 percent of adults are lactose intolerant. Primary lactose intolerance may begin at any time but usually develops in early adolescence and continues through life. Lactose intolerance means avoiding foods such as cream, butter, cheese, yoghurt, and ice cream as well as many prepared foods to which lactose is added such as bread, cereal, salad dressings, cake mixes, frozen meals. The *Everyday Dairy-Free Cookbook* explains all you need to know about this condition, how to tackle the problem and where to go for help and advice. As with the other titles in this best-selling *Everyday* series the book contains 200 recipes for family meals and there is a special section on catering for children. There are recipes for soups, dips and starters, light meals, main dishes, fish dishes, vegetarian dishes, savoury sauces and accompaniments, salads and dressings, puddings, sweet sauces, sweets and treats, baking, pastry, breakfasts, and beverages. If someone in your family cannot tolerate lactose this book will make catering for their needs simple and straightforward with so many meals to choose from. Most of us don't realize how much dairy we consume until faced with eliminating it from our diet?and successful dairy free recipes require more than just swapping out the milk, butter, cheeses, or creams. With *The Big Dairy Free Cookbook* you'll learn how to prepare dairy free versions of your favorite dishes without losing the delicious flavors and textures you love. More than 150 recipes take a fresh

approach to eating dairy free so you can enjoy favorites such as Mac 'n' Cheese and Spinach-Artichoke Dip, as well as creative dishes like Pistachio and Herb "Goat" Cheese. Easy-to-understand guidance explains what it means to go "dairy free" without getting overly complicated or scientific. Innovative meal-making tips for preparing dairy free dishes from around the world, as well as options for cooking with other food allergies in mind. Whether you're allergic to milk, lactose intolerant, or food sensitive, The Big Dairy Free Cookbook will make dairy free living simple, stress-free, and absolutely delicious.

Have your cheesecake, and eat it, too! Creamy soups, pizza, ice cream ... if you think your lactose intolerance keeps you from enjoying your favorite foods, think again! With The Everything Lactose-Free Cookbook, you can indulge in worry-free meals and desserts any time you want. This unique cookbook is your one-stop reference for whipping up more than 300 delicious low-lactose recipes, including: New York style cheesecake Grilled salmon with creamy tarragon sauce Passion fruit smoothie Tofu lasagna Creamy apricot mousse Veggie omelet These delightful new recipes offer the same textures and tastes as your old favorites. Packed with useful tips and information, this one-of-a-kind cookbook will satisfy your every craving--without upsetting your stomach!

Discusses lactose intolerance and the need for calcium in the diet, and shares recipes for appetizers, beverages, soups, salads, poultry, pastas, vegetables, puddings, and desserts

No gluten? No dairy? No problem. Baking is delicious again. Sensitivities to dairy and gluten can't hold you back from homemade baked goods anymore. This dairy-free and gluten free cookbook is your door to a sweeter world, with 75 recipes that contain no gluten or dairy--and taste incredible. Learn to make your own flour blends, which ingredient substitutions work (or don't), and a whole new way to bake and share everything from cakes and cookies to breads and pies. This dairy-free and gluten free cookbook offers: Troubleshooting tips--Lopsided muffins? Your bread didn't rise? Help is here. Only the good stuff--This dairy-free and gluten free cookbook puts you in control of the ingredients, without the additives or preservatives of store-bought versions. Free and clear--Every recipe is free of both gluten and dairy (not just one or the other) so every sensitivity is safe. This is the dairy-free and gluten free cookbook that will take your baking to the next level.

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. Wh

While 4% of the population suffers from diagnosed lactose intolerance, it is estimated that a staggering 50 million Americans suffer from some degree of dairy intolerance/allergy. Moreover, recent research has linked milk protein (casein) to cancer and autoimmune illnesses and found evidence that our bodies quit making the enzymes necessary to digest milk as we age--thus setting up those who consume a dairy-rich

diet for IBS, allergies and other autoimmune and digestive difficulties. Dairy has become the "new gluten"--something that people are realizing needs to be minimized in our diet whether they have a formally diagnosed allergy or not. The Dairy-Free Kitchen contains 100 delicious recipes for the foods you love without the dairy. It also provides you with a wealth of information on weeding out hidden dairy in everyday foods and getting adequate levels of calcium and minerals from a dairy-free diet. Going dairy-free isn't as complicated as you think. You can do it! The Dairy-Free Kitchen will help.

Dairy-Free Delicious offers over 100 simple and irresistible recipes to inspire people to cook with imagination and eat their favourite treats. Many of the recipes are influenced by Katy's dairy-free travels, particularly in Asia where milk rarely features, and in the US - for example Thai fishcakes, Vietnamese chicken and pumpkin curry, Neapolitan iced buns and Coconut milk ice cream. Even old favourites like pancakes, creamy chicken soup, fish pie, risotto, eggs benedict, custard tarts, chocolate cake and cookies prove that lactose intolerance is no barrier to eating irresistible food every day. UK sales of non-dairy milks have gone up 40% in the past 3 years and are predicted to increase by 56% by 2016; and the market was worth £19m in 2012. Diagnosed with lactose intolerance in 2011, Katy Salter has created a cookbook for people who don't want to stop enjoying food just because their bodies refuse to digest lactose properly.

#### Dairy-Free Delicious

Reap the rewards of cutting out gluten and dairy from your diet while still enjoying cookies, cakes, bread, bars, and more with 200 recipes for baked goods you're sure to enjoy. Think avoiding gluten and dairy means dessert is out of the question? Think again. Whether you have a food allergy or intolerance, or are simply baking for family or friends, The Everything Gluten-Free & Dairy-Free Baking Cookbook features recipes for decadent cakes, chewy cookies, tasty breakfasts, and sweet treats with ingredients that align with your diet. Featuring easy swaps and creative combinations, you won't miss the gluten or the dairy. With 200 recipes and beautiful color photographs, this book is sure to satisfy your sweet tooth cravings. No need to skip dessert—now you can start enjoying these delicious recipes today!

Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. The couple's non-diet approach features simple lifestyle changes to make healthy cooking sustainable, rather than a short-term fix. A love story at its finest, Alex and Sonja Overhiser first fell for each other--and then the kitchen. In a matter of months, the writer-photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of long-term lifestyle changes. While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. A Couple Cooks | Pretty Simple Cooking is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a "vegetarian cookbook for non-vegetarians", it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-consuming 10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a

custom watercolor

A revised edition of *Vice Cream* features dozens of all-vegan ice cream recipes that use natural alternative ingredients instead of milk, cream or refined sugar, providing such varieties as Strawberry-Rhubarb, Mayan Chocolate and Pomegranate. 10,000 first printing.

Say goodbye to dairy and hello to variety with 150+ creative dairy-free recipes. 300 gluten- and dairy-free recipes from popular food blogger Audrey Roberts to reset your eating habits to live a healthier life. Millions of people now suffer from celiac disease and food sensitivity. But switching to a diet without gluten or dairy not only benefits those with gluten sensitivity or lactose intolerance, but benefits anyone who needs more energy, wants to lose weight, or simply craves a much healthier lifestyle. And now cooking without them is simple! You no longer need to give up the foods you love because with easy substitutions, some creative cooking, and the recipes in this book, you will still enjoy all your favorite foods. *The Everything Gluten-Free & Dairy-Free Cookbook* includes 300 gluten- and dairy-free recipes that your whole family will enjoy—from eggs benedict casserole to coconut cream pie. These easy and delicious recipes make it painless to start living a healthier life and feel better. Audrey Roberts, founder of the popular food blog *Mama Knows Gluten Free*, teaches you how to make the most satisfying recipes from breakfast to dinner and snacks in between meals. *The Everything Gluten-Free & Dairy-Free Cookbook* makes it easy to meet your family's dietary needs while keeping them happy and healthy.

Oat milk, as a vegan alternative to cow's milk, is gaining widespread popularity due to its delicious flavor and impressive nutrient profile--plus, it's free of lactose, making it ideal for anyone with dietary restrictions, allergies, or digestive problems. These 100 recipes will make oat milk an everyday ingredient in all the foods you crave--without compromising flavor! You'll find an array of mouthwatering, easy-to-make dishes, from entrées to desserts, snacks, and smoothies.

The definitive collection of gluten-free, dairy-free recipes from one of the most trusted names in free-from cookery. Whether you're following a gluten-free or dairy-free diet, then this is the only book you will ever need to eat well and feel great! With over 200 recipes for everything from breakfasts and light lunches to weeknight dinners and show-stopping mains, plus delicious desserts and a whole section on gluten free baking, this book is the perfect guide to free from cookery. Start your day with Buckwheat and Blueberry Pancakes or Muesli with Summer Fruit Compote, and discover dinnertime recipes that the whole family will enjoy, such as like Chicken Sesame Nuggets, Courgette and Sage Spaghetti Carbonara, or the best gluten free, dairy free lasagne. For special occasions, there are dinner-party dishes such as Beef Wellington, and to finish, why not try a classic Sticky Toffee Pudding? From celebration cakes to cookies, sourdough loaves to salads, these are tried-and-tested recipes from one of the most respected names in gluten free cookery. Grace Cheetham has spent the last 10 years educating readers on the best way to cook without allergens. This collection is the ultimate celebration of her best-loved recipes.

Including One Month of Kid-Friendly Meal Plans and Detailed Shopping Lists to Make Life Easier As the rate of chronic illness skyrockets, more and more parents are faced with the sobering reality of restrictive diets. And because everyone is busy, many families come to rely on store-bought "healthy" products to make life simpler, but many

of these are loaded with sugar and hidden toxins. When faced with her own family health crisis, mother and health coach Leah Webb realized that in order to consistently provide high quality food for her family, nearly 100 percent of their meals would need to be homemade. But when she looked for a resource to guide her, most cookbooks that offered recipes "free" of allergenic foods were also high in processed starches, flours, and sugar. Webb, like so many parents, was looking for a cookbook that offered deeply nutritious, kid-friendly, whole foods recipes that were also easy, but there wasn't one--so she wrote it herself. The Grain-Free, Sugar-Free, Dairy-Free Family Cookbook offers a new system to preparing food and approaching the kitchen that gets kids involved in cooking, which encourages excitement around food (a major challenge with restrictive diets). The recipes are rich in healthy fats, nutrient-dense vegetables, ferments, and grass-fed meats, and include snacks, school lunches, and delicious sweet treats that rival the flavors of sugar-dense desserts. By following Leah's meal plans, parents will be sure to please everyone in the family and make cooking on a restrictive diet enjoyable and doable over a long period of time. Families that know they would like to rid themselves of grain, sugar, and dairy, but are intimidated by starting, will find Webb's advice and troubleshooting invaluable. The cookbook outlines family-tested methods that make for effective and efficient preparation, including everyday basic recipes that will become part of a cook's intuitive process over time. The best part is that although Leah prepares nearly every single one of her family's breakfasts, lunches, dinners, and snacks using whole food ingredients, she only spends four to six hours on food preparation per week! Through stocking her freezer, prepping the kitchen, shopping and cooking in bulk, and consistently planning meals, this diet plan is not only possible; it is manageable and fulfilling. Prepare for this cookbook to radically change your life.

Cooking for Isaiah is a love story of Silvana Nardone's journey to develop great-tasting meals for her son, Isaiah, after he was diagnosed with food intolerances to gluten and dairy. The results of her efforts found in the pages of this book, are through 135 recipes that are not only easy to make but taste and look delicious, including S'mores Pancakes with Marshmallow Sauce, Double-Decker Toasted Cornbread and Spicy Greens Stack, Chicken and Waffles with Maple Bacon Gravy, Shrimp Pizza with Garlic Cream Sauce, and Chocolate Birthday Cake with Whipped Chocolate Frosting. You'll also find: Silvana's tried-and-tested all-purpose flour and pancake mix recipes An ingredient substitutions chart that shows you what to swap if, for example, you need to cook without gluten, but dairy is okay Dishes that are perfect for entertaining with friends and family Complete pantry set-up Food shopping, recipe make-ahead and storage tips Includes a foreword by Rachael Ray!

Whatever the reason for not eating dairy, Living Dairy-Free For Dummies provides readers with the most up-to-date information on a dairy-free diet and lifestyle and will empower them to thrive without dairy while still getting the calcium, vitamin D and nutritional benefits commonly associated with dairy products. Living Dairy-Free For Dummies: Is a lifestyle manual, going beyond just recipes to present a full nutritional evaluation of what dairy-free life is like Contains more than 50 dairy-free recipes, along with how to set up a dairy-free kitchen and tips for eating out and remaining dairy-free Presents alternatives to dairy so readers can continue getting the nutritional value and tastes of dairy, without the side effects

If ONE simple change could resolve most of your symptoms and prevent a host of illnesses, wouldn't you want to try it? Go Dairy Free shows you how! There are plenty of reasons to go dairy free. Maybe you are confronting allergies or lactose intolerance. Maybe you are dealing with acne, digestive issues, sinus troubles, or eczema—all proven to be associated with dairy consumption. Maybe you're looking for longer-term disease prevention, weight loss, or for help transitioning to a plant-based diet. Whatever your reason, Go Dairy Free is the essential arsenal of information you need to change your diet. This complete guide and cookbook will be your vital companion to understand dairy, how it affects you, and how you can eliminate it from your life and improve your health—without feeling like you're sacrificing a thing. Inside:

- More than 250 delicious dairy-free recipes focusing on naturally rich and delicious whole foods, with numerous options to satisfy those dairy cravings
- A comprehensive guide to dairy substitutes explaining how to purchase, use, and make your own alternatives for butter, cheese, cream, milk, and much more
- Must-have grocery shopping information, from sussing out suspect ingredients and label-reading assistance to money-saving tips
- A detailed chapter on calcium to identify naturally mineral-rich foods beyond dairy, the best supplements, and other keys to bone health
- An in-depth health section outlining the signs and symptoms of dairy-related illnesses and addressing questions around protein, fat, and other nutrients in the dairy-free transition
- Everyday living tips with suggestions for restaurant dining, travel, celebrations, and other social situations
- Infant milk allergy checklists that describe indicators and solutions for babies and young children with milk allergies or intolerances
- Food allergy- and vegan-friendly resources, including recipe indexes to quickly find gluten-free and other top food allergy-friendly options and fully tested plant-based options for every recipe

For many, the prospect of making gluten-free and dairy-free food seems utterly daunting. And they will either buy ready-made produce (which is usually low in nutritional value and high in price) or sometimes not bother at all. But Grace Cheetham reveals that it's possible to make wonderful gluten-free and dairy-free food easily. Whether you're suffering from allergy-related IBS, eczema, asthma, migraines or chronic fatigue, or if you are celiac, this book will show you how to use substitute ingredients and simple cooking techniques to make mouth-watering meals. With power-packed breakfasts such as Brioche with Caramelized Peaches, sustaining lunches such as Artichoke, Parma Ham & Olive Pizza and delicious dinners such as Salmon en Croute or Lasagne, as well as sweet treats such as Raspberry & Rosewater Cupcakes and heavenly desserts such as Chocolate Fondant, here are tried and tested recipes for you to cook for yourself, your family and your friends - and all stress-free!

A cookbook on the topic of fasting may sound like an oxymoron, but this eating plan modeled in the biblical account of the life of Daniel, often called a Daniel Fast, is actually loaded with fresh, delicious, health-promoting foods. The Daniel Fast Made Delicious includes more than 175 recipes, many of which are 100 percent gluten free and dairy free. Filled with easy instructions, simple steps, spiritual inspirations, and interesting food facts and figures, these Daniel Fast recipes are as nourishing to the soul as they are to the body.

Warning, this is NOT ANOTHER GLUTEN FREE BAKING BOOK! It's a unique, gluten-free cookbook with everyday recipes that mix simple, home-style cooking with great taste and real, whole food ingredients. Every recipe is not only gluten-free, but also egg free, dairy free, soy

free, white rice flour free, and bean flour free. Feel free to cheer! In *The Healthy Gluten Free Life*, Tammy Credicott shows you just how easy and budget-friendly living a healthy, gluten-free life can be. By giving detailed instructions and a host of tips on everything from choosing quality ingredients to techniques on make-ahead meals to save you time down the road, Tammy will inspire you to step back into the kitchen and enjoy cooking again. *The Healthy Gluten Free Life* is filled with over 200 mouth watering recipes for every meal of the day, including breakfasts, snacks, dinners, side dishes, desserts, and more. In addition, each delicious recipe is accompanied by captivating color photographs to help entice you to the final tasty dish. Beyond the recipes, *The Healthy Gluten Free Life* guides you on how to:

- il \* Choose flours that work best for you & the recipe you're working with
- il \* Replace dairy & eggs in your recipes easily and without fail
- il \* Differentiate between the multiple gluten-free flours and starches on the market, giving you the confidence to modify any gluten-free recipe you choose
- il \* Create a week's worth of school lunches that your kids will love and not be embarrassed by

Get the taste & texture you remember from your pre-gluten free days with the added health benefits of whole grain flours, limited starches, lower sugar, and real, whole foods! *The Healthy Gluten-Free Life* helps bring your family back to the table, food allergies and all!

Discusses lactose intolerance and the need for calcium in the diet, and shares recipes for appetizers, breads, soups, salads, meats, poultry, seafood, and frozen desserts

Antoinette Savill's first book for Grub Street, *Learn to Cook Wheat, Gluten and Dairy Free* is one of our best-selling health titles. And so by popular demand here is her latest collection of contemporary and delicious recipes to suit the seasons, all tastes and all budgets. Like her previous book this one is aimed at the millions of people suffering from food intolerances. If you are told that you must follow a wheat, gluten or dairy free diet, what can you safely eat? One thing is certain you will have to start cooking for yourself at home since there are very few ready meals available that will be suitable for your restricted diet. The simplest and safest course is to prepare your own meals, that way you will know that your food does not include any hidden ingredients that might trigger your allergy or intolerance. The recipes are smart, modern, international and anything but depriving by using alternative ingredients such as coconut milk and rice flour. There are over 120 recipes for vegetarian dishes, lunches and suppers, soups and starters, main courses, fish and seafood, game and poultry, meat, desserts and puddings, cakes, muffins, cookies, breads and tarts. There are lots of sweet delights in this book as these are often the foods that most celiacs think they will have to forego in their new eating regime, but as Antoinette Savill says in her Introduction 'Simple homely comforts are always needed but treats and indulgences can also have a place in our weekly menus.' Another feature of the book is that the recipes are equally divided into slower and faster choices as a way of balancing the relaxing enjoyment of cooking and eating with the type of express cooking recipes we need in our hectic times.

Finally, anyone embracing a dairy-free lifestyle (including vegan, paleo, or allergen-free) can make and enjoy the savory goodness of cheese—in one hour or less. In ingenious, step-by-step recipes, traditional cheesemaker Claudia Lucero shows how to make 25 delicious plant-based cheeses using your choice of seeds, nuts, and vegetables to achieve rich flavor and creamy texture. There's buttery Golden Swiss made with cauliflower and tahini paste—and a Brie made of cashews (or zucchini and potatoes), with a bit of truffle oil to capture its earthy essence. *One-Hour Dairy-Free Cheese* also shows how to make spreadable cream cheese, grated Parmesan, a smoky Cheddar, and even gooey cheese sauces. PLUS, techniques for making rinds, cheese plate pairings, tips on food allergy substitutions, and a recipe to highlight each dairy-free cheese: Stuffed Shishitos, Cucumber Maki, Creamy Zucchini Noodles, Spicy Beet Salad, and more. It's a whole new way to indulge in the impossible-to-resist pleasure of cheese, no matter what your dietary restrictions are.

Amazingly delicious and beautiful gluten-free, grain-free, dairy-free, and refined sugar-free

desserts from the popular Bakerita blog Rachel Connors began her blog as a hobby to share baking recipes with friends, but when she started to focus more on gluten-free, paleo, and vegan recipes to make things she could share with her sister, who was following a strict diet due to health concerns, Rachel quickly realized she was onto something. Bakerita surged in popularity as fans flocked to it for delicious and beautifully photographed recipes. Interest in gluten-free, grain-free, dairy-free, and refined sugar-free foods continues to grow in popularity, yet there are remarkably few books available focused just on desserts, and even fewer with recipes that even beginner bakers can make at home. That's where Bakerita comes in, offering recipes for everything from breakfast treats like Lavender-Lemon Raspberry Scones, pies and tarts such as Chocolate Mousse Pie, cakes including Mocha Chip Cheesecake, and updated all-time favorites like chocolate chip cookies, all made without any hard-to-find ingredients. Everyone's talking about calcium these days. And with good reason. Because whether you're pregnant or nursing, lactose-intolerant, allergic to dairy, concerned about preventing osteoporosis as you get older, or just want to eat healthier, the fact is that you need to ensure an adequate level of calcium to maintain strong, healthy bones. Now anyone can get the calcium they need from healthful, plant-based foods. Here you'll find over 120 calcium-rich recipes for a wide range of vegetarian dishes -- from appetizers to main courses to deserts -- that will appeal to every member of the family.

Pizza, Pancakes, French Toast, Lasagna, Ice Cream, Brownies—you thought they were off-limits forever but now they're back on the menu! The Dairy-Free & Gluten-Free Kitchen offers more than 150 flavor-packed recipes created especially for those who must avoid dairy and gluten in their diets—proving that you no longer have to abandon the foods you love, even when you do have to give up the dairy and gluten that doesn't love you. Denise Jardine's *The Dairy-Free & Gluten-Free Kitchen* addresses these issues and many more, demystifying the confusing and often conflicting data about what defines healthful eating. Along with a deliciously varied selection of dishes, Denise shares her "master" recipes, including her all-purpose Gluten-Free Flour Mix, Dairy Milk Alternative, Fiber-Rich Sandwich Bread, Creamy Macadamia Pine Nut Cheese, and Soy Velvet Whipped Cream—key staples that make Classic French Toast, Mushroom Kale Lasagna, Rustic Heirloom Pesto Pizza, and Pumpkin Cheesecake possible. In addition to being entirely dairy- and gluten-free, each recipe has been calibrated to reduce or eliminate the need for refined oil and sweeteners. And for those who must avoid eggs, nuts, and soy products, recipes that are free of these components are clearly labeled. So whether you've been diagnosed with a particular food intolerance or sensitivity, or you're just trying to consume a less refined, more healthful diet, *The Dairy-Free & Gluten-Free Kitchen* has something for just about everyone!

Millions of people are lactose intolerant - meaning they lack enough of the lactase enzyme to digest milk products properly. It is a common digestive problem that affects an estimated 9.5 million people in the UK alone. Others simply prefer to eliminate dairy as part of a "clean" diet. So, what to eat? In *Deliciously Dairy Free*, Lesley Waters provides more than 100 fresh and simple lactose-free recipes for healthy eating every day. Recipes range from White Bean Creamy Hummus with Broad Bean Salad & Dukkah to Coconut Rice Pudding with Griddled Pineapple, with cheats and swaps along the way so that die-hard dairy lovers can enjoy favourite dishes they're missing.

Dairy products can be found in many of our favourite foods, but millions of people have difficulty tolerating them. If you need to reduce or eliminate dairy products from your diet, you don't have to forego your favourite dishes. This volume includes a large array of dairy-free recipes.

What's the one thing that plant-based, paleo, and several whole food diets all agree on? Eating dairy free! For millions of people, this one simple change—cutting out milk

and other dairy products—has resolved most, if not all, of their adverse health symptoms and helps to reduce the risk of many common medical concerns, including allergies, skin conditions, and even cancer. And it's easier than you might think. Eat Dairy Free is the cookbook you've been craving to enjoy a dairy-free diet without special substitutes. Alisa Fleming, author of the bestselling dairy-free guide and cookbook *Go Dairy Free*, shares more than 100 recipes for satisfying yet nutritious dairy-free breakfasts, lunches, dinners, snacks, and healthier desserts that use regular ingredients. Completely free of milk-based ingredients, including casein, whey, and lactose, these recipes are safe for those with milk allergies and other dairy-related health issues. And for those with further special diet needs, every recipe has fully tested gluten-free and egg-free options, and most have soy- and nut-free preparations, too. Inside, discover delectable dishes such as:

- Mushroom-Pesto Pizza
- Shake & Bake Buttermylk Chicken
- Peanut Power Protein Bars
- Chocolate Banana Split Muffins
- Southwestern Sunrise Tacos
- Mylk Chocolate Cupcakes
- Cheesy Twice-Baked Potatoes
- Strawberry Cheeseshakes

Live well and eat dairy free!

Shares recipes for more than one hundred gluten-free baked goods featuring such foods as almond milk, soy butter, coconut oil, and nut creams instead of eggs and dairy products, including children's favorites, desserts, breads, and frostings.

Includes A Wide Variety of Delicious Dairy Free Cake, Cookie And Dessert Recipes!

Get This Dairy Free Baking And Dessert Cookbook For A Special Discount (20% off)

Lactose intolerance is a very common condition that causes digestive issues for many people. The symptoms of lactose intolerance vary greatly, some people only experience gas and minor abdominal discomfort, but others can experience more severe symptoms like diarrhea and vomiting. If you have lactose intolerance probably know that it can be very difficult finding baked foods that do not have dairy. The good news is that there are plenty of great alternatives to dairy for using in baking. With these dairy free baking recipes, it is impossible to tell that they do not contain milk or dairy. I have included a wide variety of my favorite dairy free cookie, cake and dessert recipes that anyone can enjoy. Good luck!

Presents more than 150 recipes free of gluten and dairy, providing such grain and dairy-alternative recipes as sandwich bread, pine nut cheese, French toast, and pumpkin cheesecake.

Your all-in-one beginner's guide to eating dairy-free everyday--101 stress-free recipes With a little help and guidance, living dairy-free can be both doable and delicious. The Dairy Free Cookbook for Beginners is a great way to start eating smarter and healthier every day. There are dozens of dairy free cookbook recipes you can make in minutes--everything from a delightful dinnertime feast to sweet treats for dessert, all while satisfying your dietary needs with ease. With fresh takes on classic comfort foods like Mac and Cheese and Barbecue Chicken Pizza, this complete dairy free cookbook delivers everything you need to make and serve non-dairy dishes your entire family will enjoy--and feel like you're not missing out. If you've recently decided to switch to this nutritious diet plan to address health concerns, the Dairy Free Cookbook for Beginners can help you get started in a snap. This beginner's dairy free cookbook includes:

Recipes galore--Discover loads of quick dairy free cookbook recipes that are perfect for meat-eaters and vegans/vegetarians alike. Stay allergen-free--Explore easy-to-follow recipe alternatives to address the top 8 allergens that could affect you, including gluten,

soy, and nuts. Essential extras--Get expert info on filling your pantry, dairy alternatives, shopping tips, eating out, and so much more. Get 101 easy, tasty ways to go dairy free--100% stress-free--in this Dairy Free Cookbook for Beginners.

Free of dairy, full of flavor--mouthwatering meals in no time. Eating a diet without dairy can be quick, simple, and scrumptious. With tons of delectable recipes you can make in half an hour or less, this dairy free cookbook has everything you need to put amazing meals on the table every day of the week. Addressing food allergies? Aiming for better digestion? Simply trying to improve your health? The 30-Minute Dairy-Free Cookbook is everything a dairy free cookbook should be--it provides details on the benefits of eating without dairy, a guide to prepping meals faster, and even more helpful dietary and lifestyle information. Using only affordable, easy-to-find ingredients, the recipes in this standout dairy free cookbook satisfy every craving without sacrificing flavor. Look no further for a dairy free cookbook that includes: 101 tasty recipes--You won't miss dairy with delicious dishes like Creamy Ranch Summer Pasta Salad, Sicilian Deep-Dish Pizza, and PB&J Cookies to choose from. Make dairy-free staples--From grated parmesan cheese to butter, sour cream, and beyond, learn how to make creamy refrigerator essentials with this dairy free cookbook. Living happily without dairy--Get info on living free from dairy--from alternative natural calcium sources to essential kitchen equipment to help with understanding food labels. Make it gluten-free--If you're avoiding gluten, all of the recipes in these pages will work with most brands of gluten-free multi-purpose flour, including Silvana's Cooking for Isaiah Original Gluten-Free Multi-Purpose Flour. If you're looking for sweet and savory recipes that you can't find in just any dairy free cookbook, then this one is the cream of the crop!

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