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The Essential Gluten-Free, Dairy-free, Paleo and Vegan Friendly Cookbook Keena Stainbrook,2019-04-16 Family food allergies or sensitivities This is a DIY guide for healthy cooking and eating As a spouse mother and biologist I wrote this for myself and my friends who were struggling with gluten allergies and other food sensitivities The goal was to make tasty and delicious options using my science background and kids as taste testers that were easy to accomplish with a easy to revamp pantry in a regular kitchen without spending a fortune This journey has been amazing and my family is happier and knowledgeable making great choices for healthy eating cooking and living You ll find the cookbook outlined with breakfast snacks salads main dishes and desserts with over 50 recipes that you ll find easy healthy AND delicious

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Dairy-Free

Gluten-Free Baking Cookbook Danielle Fahrenkrug, 2019-12-17 No gluten No dairy No problem Baking is delicious again

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