



## **The Food Allergy News Cookbook: A Collection of Recipes from Food Allergy News and Members of the Food Allergy Network**

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# The Food Allergy News Cookbook: A Collection of Recipes from Food Allergy News and Members of the Food Allergy Network

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If the only cure for food allergies is to avoid the food completely... What is left to eat? How do you feed a child when favorite foods are no longer safe? How can you be sure you are avoiding the food? How can you maintain flavor and diversity in your diet? Allergy-free cooking can be challenging, stimulating, and fun. The Food Allergy News Cookbook is your comprehensive guide to understanding food allergies and learning how to eat properly. Getting started is easy with the support of:

- Basic shopping tips
- Easy-to-understand cooking tips
- Straightforward label reading guidelines
- Comprehensive listings of scientific and technical names for common allergens
- Detailed ingredient substitution guides

Enjoy cooking and creating tasty foods with:

- Over 300 easy-to-follow recipes
- Adaptations of all-time favorite recipes
- A full range of menu ideas from breads, pies, and cakes to pizza, soup, and spaghetti

The possibilities are endless when you understand your options. Explore the vast selection of choices and recipes provided in this book and start enjoying a diversity of tastes and flavors again.

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