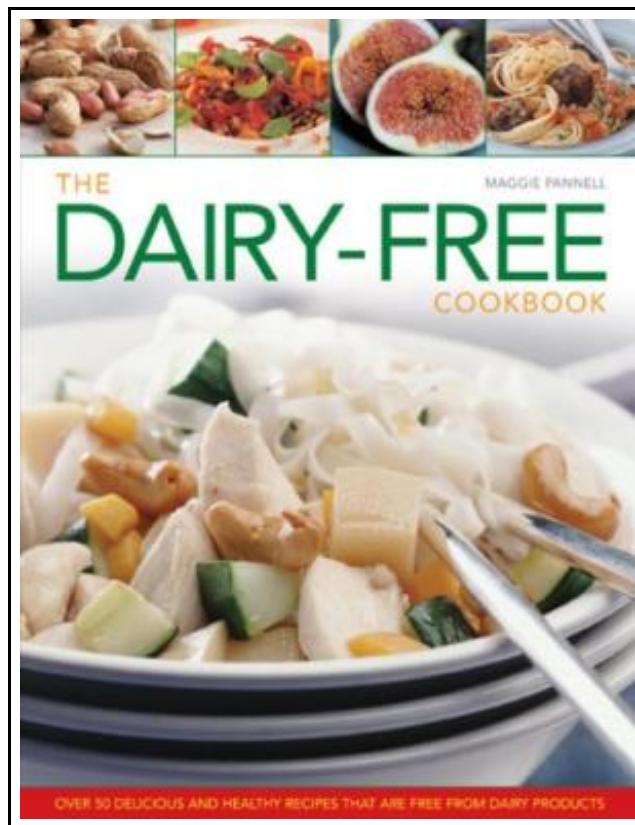


## The Dairy-free Cookbook: Over 50 Delicious and Healthy Recipes That are Free from Dairy Products



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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, The Dairy-free Cookbook: Over 50 Delicious and Healthy Recipes That are Free from Dairy Products, Maggie Pannell, This title offers over 50 delicious and healthy recipes that are free from dairy products. Essential information on eating a balanced diet and staying healthy for those with a milk allergy or lactose intolerance - foods that are safe to eat and foods to avoid. It includes over 50 enticing and tasty dairy-free recipes, including classic dishes as well as brand new ideas to try, from soups and appetizers to main courses, desserts and bakes. It includes a detailed introduction with specialist advice on substitute ingredients and coping without dairy products. Tempting recipes include Mussels and Clams with Lemon Grass, Spicy Paella, and Nectarine Amaretto Cake. It offers at-a-glance nutritional information given for every recipe. Features detailed step-by-step instructions, professional cook's tips and variations, and over 220 fabulous photographs to guarantee complete success every time. Some people choose a dairy-free diet for ethical reasons, while others may develop an intolerance or allergy to cow's milk. This book combines enticing and nutritious dairy-free recipes with essential information on food intolerances and allergies. The recipes include delicious dishes from a wide range of cuisines, such as Fragrant Thai-Spiced Chicken Curry and Seafood Risotto, as well as delectable desserts and bakes, such as Fresh Fruit with Mango Sauce, and Olive and Oregano Bread. With expert nutritional information and cook's hints and tips throughout, the book offers healthy and tasty dairy-free ideas for you, your friends and family to enjoy.



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