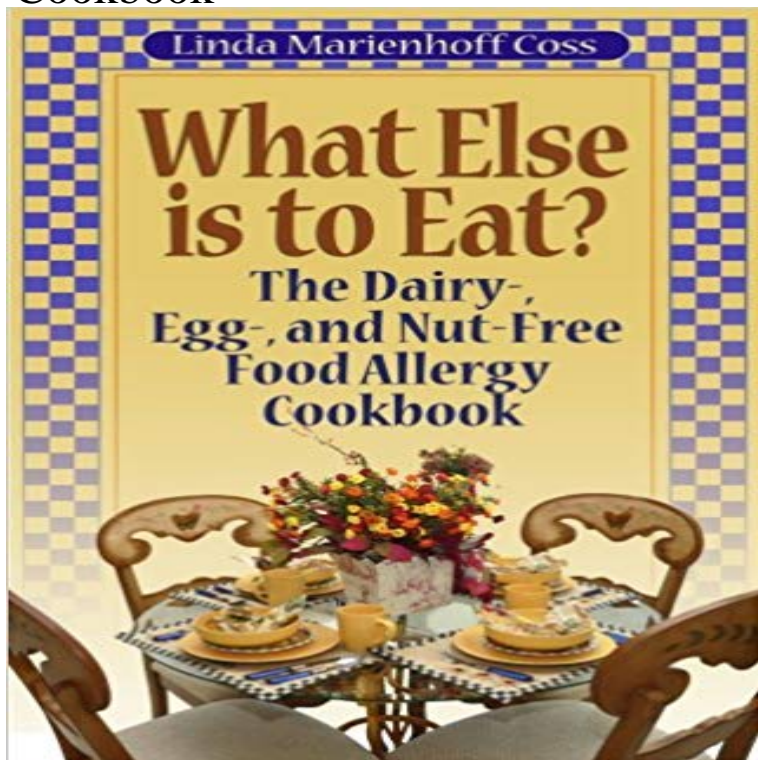


# What Else is to Eat? The Dairy-, Egg-, and Nut-Free Food Allergy Cookbook



115 Easy, Mouth-Watering Recipes, All Completely Dairy-, Egg-, and Nut-Free! No time to fuss? No problem! This fabulous collection of recipes by popular food allergy author Linda Coss was written with your busy lifestyle in mind. With an emphasis on fast and easy cooking, the book includes recipes for baked goods, soups and salads, main dishes, side dishes, and breakfast foods all based almost entirely on normal, easy-to-find ingredients. These are recipes that your entire family will enjoy and your guests will not believe are allergy-free. This is the milk-, egg-, and nut-free food allergy cookbook you have been looking for! Sections include: Tables of Contents & Recipe List, Introduction, Food Allergy Cooking, General Recipe Information, Recommended Equipment, Soups & Salads, Beef, Chicken, Fish, Pasta, Potatoes, Rice, Vegetables, Miscellaneous, Cake, Cookies, Muffins/Quick Breads/Breakfast Foods, Menu Ideas, Glossary, Food Allergy Resources, Measurement Equivalents, Index

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What Else is to Eat? **Food Allergy Books & Magazines AllergicChild** Its been 16 years since I began my food allergy journey, and a lot has changed since recipes for wonderful food that happens to be dairy, egg, and nutfree. **Tree Nut - Food Allergy Community of East Tennessee** Two food allergy cookbooks written specifically for those who have milk allergy, egg all 262 food allergy recipes are completely dairy-free, egg-free, and nut-free. Whats to Eat? and What Else is to Eat? by Linda Marienhoff Coss provide a **Whats to Eat?: The Milk-Free, Egg-Free, Nut-Free Food Allergy** As a neighbor of Linda Coss I had the good fortune of being both a recipe taster and recipe tester for this book. Although no one in my household has food **The Super Allergy Girl Cookbook Gluten-free Casein-free Nut-free** This fabulous collection of recipes by popular food allergy author Linda Coss was This is the milk-, egg- and nut-free food allergy cookbook you have been **none** The Everything Food Allergy Cookbook: Prepare easy-to-make meals--without nuts, milk, wheat, eggs, fish or soy (Everything (Cooking)) by Linda Larsen