



Dairy-Free Cookbook, Fully Revised 2nd Edition : Over 250 Recipes for People with Lactose Intolerance or Milk Allergy

Jane Zukin

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Delicious Milk-Free Recipes and Practical Information at Your Fingertips!

"What can you eat if you are extremely sensitive to lactose and live in a society where milk is everywhere and in everything? Read Jane Zukin's book!"

— **From the foreword by Joel V. Weinstock, M.D., Department of Internal Medicine Director, Division of Gastroenterology, University of Iowa**

Are you one of the millions of people who cannot drink milk or eat dairy products without pain and discomfort? If so, you are not alone. There are millions of people just like you. The problem is either milk intolerance or milk allergy. Either way, you and milk are not friends.

What to do? To your rescue comes Jane Zukin, called by the *Wall Street Journal* "the country's best-known expert on lactose intolerance." Here, Jane shows you how you can eat to your stomach's content, offering 250 delicious dishes the whole family will love. She also explains all you need to understand about milk intolerance and milk allergies. In addition, she explains how to deal with child-related issues and how to recognize the "hidden" milk products and by-products that lurk inside so many prepared foods.

But make no mistake. At its heart, this is a cookbook, and what a cookbook!

Inside you will learn how to prepare wonderful dairy-free versions of:

- Flaming Crepes with Fresh Fruit Filling
- Spinach Lasagne
- Tangy Watermelon Cooler
- Peanut Butter-Chocolate Bars
- And many more!



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Dwight Ivers:

Playing with family within a park, coming to see the sea world or hanging out with good friends is thing that usually you might have done when you have spare time, in that case why you don't try thing that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Dairy-Free Cookbook, Fully Revised 2nd Edition : Over 250 Recipes for People with Lactose Intolerance or Milk Allergy, you may enjoy both. It is excellent combination right, you still desire to miss it? What kind of hangout type is it? Oh seriously its mind hangout folks. What? Still don't obtain it, oh come on its referred to as reading friends.

Latoya Palos:

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Adam Hay:

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