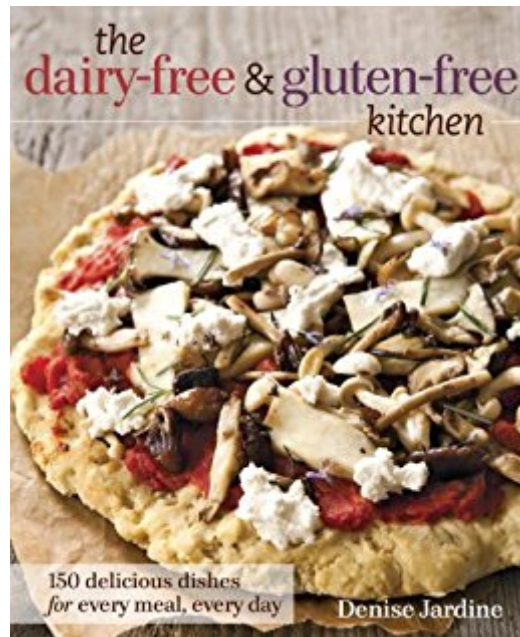




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# The Dairy-Free & Gluten-Free Kitchen



## Synopsis

Pizza, Pancakes, French Toast, Lasagna, Ice Cream, Browniesâ”you thought they were off-limits forever but now theyâ”re back on the menu!Â The Dairy-Free & Gluten-Free KitchenÂ offers more than 150 flavor-packed recipes created especially for those who must avoid dairy and gluten in their dietsâ”proving that you no longer have to abandon the foods you love, even when you do have to give up the dairy and gluten that doesnâ”t love you. Denise Jardineâ”sÂ The Dairy-Free & Gluten-Free KitchenÂ addresses these issues and many more, demystifying the confusing and often conflicting data about what defines healthful eating. Along with a deliciously varied selection of dishes, Denise shares her âœmasterâ” recipes, including her all-purpose Gluten-Free Flour Mix, Dairy Milk Alternative, Fiber-Rich Sandwich Bread, Creamy Macadamia Pine Nut Cheese, and Soy Velvet Whipped Creamâ”key staples that make Classic French Toast, Mushroom Kale Lasagna, Rustic Heirloom Pesto Pizza, and Pumpkin Cheesecake possible.Â Â In addition to being entirely dairy- and gluten-free, each recipe has been calibrated to reduce or eliminate the need for refined oil and sweeteners. And for those who must avoid eggs, nuts, and soy products, recipes that are free of these components are clearly labeled. So whether youâ”ve been diagnosed with a particular food intolerance or sensitivity, or youâ”re just trying to consume a less refined, more healthful diet,Â The Dairy-Free & Gluten-Free KitchenÂ has something for just about everyone!

## Book Information

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## Customer Reviews

I avoid dairy and have a few family members that have gone gluten free, so this cookbook has been invaluable. The recipes are straightforward and delicious. Love the Mahi Mahi with sundried tomato cream and the Rustic heirloom pesto pizza. Real crowd pleasers!

Enjoying the dairy free & gluten free kitchen. Some of the recipes are a little time consuming, but they are delicious. Overall, great stuff. You can substitute some "ready made" products for the flour blend, almond milk blend, etc that are in the cookbook and save yourself some time. If you are in an area like I am, that does not have great grocery stores nearby, you may have to do a little online shopping to get some of the ingredients.

Great recipes, very helpful for a dairy free and gluten free lifestyle. I just wish there were more pictures.

This is just what I was looking for! I am looking forward to trying out some of the recipes and also the substitutes for eggs which I am also not supposed to eat. Even though it is not a dairy product, I was tested as having a really bad problem with eggs. It is the protein that is the problem. Also, people who are lactose intolerant may not only be intolerant to the lactose. I am also intolerant to the whey and the caseine that people are not as conscious of. I cannot drink the International Delight's almond products because it has Caseine in it, which is a milk derivative. This book is very inclusive describing not only which ingredients to use for certain recipes, but why they are necessary and which items can possibly take their place. She defines all the different types of grains and flours and what they are used for.

I ordered this for a friend who is cooking for people with food allergies and sensitivities. She says it is very helpful

I'm not really impressed. There just aren't many recipes in this book that my family would eat.

great

This had some good receipts but most are a bit gourmet and take too much time. It would be great if I did not have a full time job and could stay home and cook all day; however that is not the case.

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by step recipes to a delicious gluten-free, grain-free and dairy-free paleo feast!

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