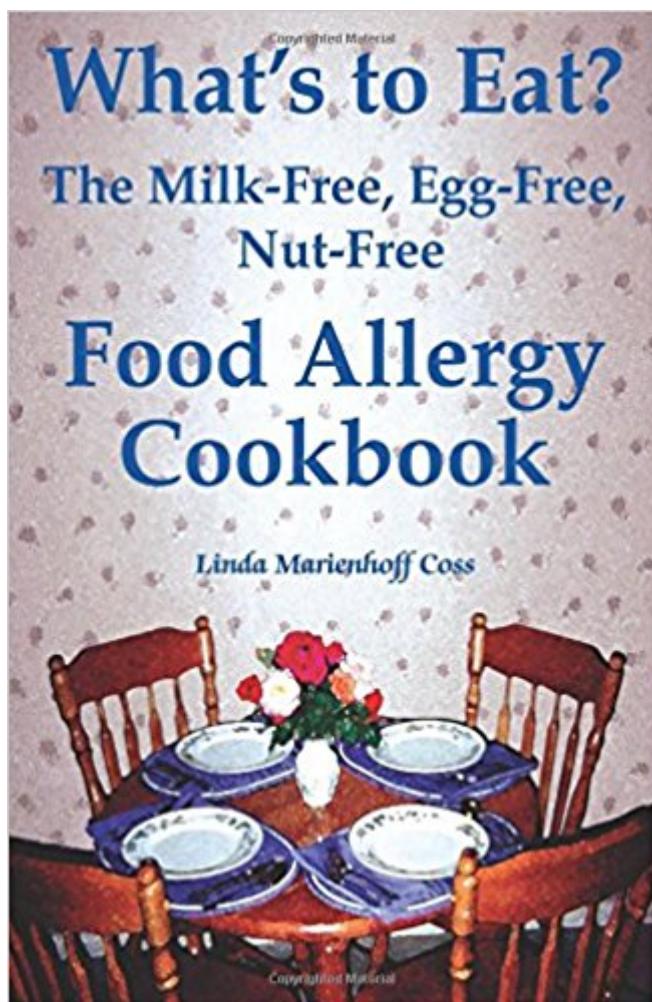


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# What's To Eat? The Milk-Free, Egg-Free, Nut-Free Food Allergy Cookbook



## Synopsis

A "classic" in the world of food allergy cooking, "What's to Eat? The Milk-Free, Egg-Free, Nut-Free Food Allergy Cookbook" is a comprehensive cookbook for anyone who must eliminate milk products, eggs, peanuts and tree nuts from their diets. The book is packed with over 145 kitchen-tested recipes for everything from soups and salads to main courses, side dishes, breakfast foods and baked goods all completely dairy-, egg- and nut-free, and most using ingredients that you can find at your local supermarket. Here are recipes that can be enjoyed by everyone, whether they suffer from food allergies or not. These recipes are irresistibly good and the entire family will enjoy them, and guests will not believe they're being served "special diet" foods. "What's to Eat?" also includes suggestions for complete menus, and a guide to help you determine if an ingredient is "safe" to use. As an added bonus, all 45 of the baked goods recipes in this book are also completely cholesterol-free and Kosher Pareve. If you don't want to feel "restricted" by a restricted diet, "What's To Eat?" will help simplify the difficult task of managing multiple food allergies. Sections include: Tables of Contents & Recipe List, Introduction, Ingredients, Basic Recipe Information, Soups & Salads, Beef, Poultry, Fish, Pasta, Potatoes, Rice, Vegetables, Miscellaneous, Quick Breads & Breakfast Foods, Cakes, Cookies, Other Desserts, Menu Ideas, and Glossary.

## Book Information

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## Customer Reviews

"What's to Eat?" oozes with the author's pleasure in her kitchen. -- The OregonianA beautifully done cookbook with tasty recipes... a valuable resource for anyone with food allergies. -- Deborah Adams, BellaOnline.com, July 2004Allergy-free cooking never tasted this good! -- Allergy and Asthma TodayCoss developed recipes that will work for the whole family. -- OC Family MagazineIf you or your child are exclusively allergic to milk, eggs, and/or nuts, this cookbook will be just right for your diet. -- Melissa Taylor, Food Allergy Survivors Together--F.A.S.T.One of my biggest challenges is providing some variety for meals. Now we have choices which the entire family enjoys. -- Lauralyn Markle, MDThis "user friendly" book will be a good resource for you and your clients. -- Society of Certified NutritionistsThis book is fantastic! It's one of the best food allergy cookbooks I've seen. Everyone should have a copy. -- Chris Papkee, founder, PeanutAllergy.comThis new food allergy cookbook is a must for every kitchen. -- Practice Builders Newsletter, March 2001

Are you frustrated and overwhelmed by the task of preparing meals that are free of milk products, eggs and nuts? Are you tired of feeling restricted by your (or your loved one's) restricted diet? You need "What's to Eat?"! Plumtree Press is pleased to present this comprehensive cookbook that offers solutions to the cooking and menu-planning dilemmas faced by those who must follow a dairy-, egg- and nut-free diet. "Milk-, egg- and nut-free recipes don't have to be dull or strange," says author Linda Coss, and she proves it with this collection of recipes that are so tempting, you'll forget they're "allergy free." Here are irresistibly good recipes that can be enjoyed by everyone, whether they suffer from food allergies or not.

Our two boys have been diagnosed with food-induced eczema. This would be a breeze if they would just both be allergic to the same foods. But, alas, we have a varied array of non-overlapping allergies. The main culprits are eggs, nuts, and dairy. What a blessing to this mother to find the book What's to Eat? - The Milk-Free, Egg-Free, Nut-Free Food Allergy Cookbook.The day I received the book in the mail I sat down and read the cookbook, cover to cover. Desperate to find a solution to dinner (and other meals), I was pleasantly amazed to read over 100 recipes for salads, soups, main dishes, breads, side dishes, and desserts. In addition, there are some suggested menus for special occasions.Finally, I can plan a menu we can all enjoy without planning two or three meals per meal time. The ingredients are not obscure, and either in my kitchen already or I have seen them in my supermarket on a regular basis. For the next four days, I have set up a menu from the recipes in the book and have made a list of seven ingredients that I do not already have in my pantry, mostly herbs.I am looking forward to testing these recipes and finding a freedom in our meal plans that

does not include stops at the local fast food restaurant. In our home we can begin to eat our way - every day! To follow me as I review results on the recipes, come to [raisingthemforthelord.blogspot.com](http://raisingthemforthelord.blogspot.com)

I'm a Mom that's new to the food allergy lifestyle and my husband and I like our dairy. So finding recipes that our two year old can and wants to eat as well as us is a huge deal. This book has met those requirements! It's been fantastic to find dinners that everyone wants to eat. Plus, a lot of the recipes are suitable for small hands. This has become my go to cookbook when planning meals. So happy I found this!!!

My son (a 1 year old) was diagnosed with food allergies (Egg, Nut, Milk, Fish, ShellFish, Tree-Nut). This cookbook was then only one that I could find that addressed the harder of the three to avoid (milk, nut, and egg). With the help of this cookbook I can now prepare for my son most of his favorite foods! The pancake recipe was indeed a lifesaver...I could not figure out how to prepare this much loved favorite without the egg and milk...this cookbook solved the problem and he LOVES them! The recipes are realistic and easy to follow. Highest Recommendations!

I love this cookbook! It helped me learn to bake a "new" way after my daughter was diagnosed with life-threatening allergy to dairy, eggs, nuts, and peanuts. After reading some of the other reviews I wanted to state that they do make dairy-free butter "soy butter", which does not contain milk protein. It is actually margarine, but I have used it in all of the recipes and they turned out great. I agree that some of the recipes are a little sweet, so I add some applesauce in place of sugar and the baked goods bind together a little better. But overall, every recipe we have tried, we have loved. In fact, my friends and husband ask for the "special" cookies, cakes, waffles, and muffins I make for my daughter. These are the people who turned up their noses at the idea of cake without eggs, and butter!!! I highly recommend this book. It helped us to turn lemons into lemonade!

This is one of my current favorite cookbooks (and I have quite a few!). The pancake recipe is by far the best I have made that accommodates my kids' allergies (when we substitute rice milk for the soy milk in the recipe) - they come out with a nice fluffy texture instead of the gummy mess I got when using other recipes with my regular substitutes. And several other recipes have made it into our regular rotation - sweet & sour turkey meatloaf, easy winter potatoes, fruited carrot salad, and probably more that I'm not remembering now. It was great to find a cookbook that accommodated

most of the major allergens for my kids - there are a few recipes we can't use because of soy ingredients, but those are very few, and the rest more than make up for that. I recommend this book to everyone I know who has a similar allergen list.

I've tried about 5 recipes so far of the cookie and cake sections and found everything to be tooo sweet! The birthdsy cake was FLAT and frankly, I think it is missing baking powder as an ingredient. Furthermore, I found a TYPO in the Gingerbread Cookie recipe on page 169: It said in the directions to "...add molases, flour, arrowroot powder, baking powder, baking soda, cinnamon and ginger..." AND NO MENTION OF BAKING SODA IN THE INGREDIENT LIST ABOVE! I wasnt sure how much baking soda to add or whether it was supposed to be there in the first place. I added a pinch as a guess and fortunately the cookies turned out OK (with less sugar than called for). Otherwise, it is a good book. Unfortunately, all the meat recipes didnt help me much since I am vegetarian, but Im sure they are just fine.

Book is ok mostly stuff I knew about already. Probably came in middle of rain storm bag was ripped and book got wet. I wrote back to you about this.

Our grand-daughter is allergic to EGGS, PEANUTS AND PEANUT OIL.....This book is wonderful with recipes. It has come in so handy....I was getting desperate till I found this book. And if you have a Whole Foods store near you, they bake great cakes with out eggs.....

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