

Fiona Heggie

The Allergy-Free Family Cookbook: 100 delicious recipes free from dairy, eggs, peanuts, tree nuts, soya, gluten, sesame and shellfish



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It's daunting when your child is identified as having a meals allergy but just because they're allergic to one, or indeed, various kinds food doesn't imply that they can not eat delicious meals with the rest of the family, benefit from a wholesome, balanced diet or (as long as they deserve them!) have tasty treats. Using ingredients that can be easily found in supermarkets, each recipe is definitely free from all eight major meals allergens: dairy, eggs, peanuts, tree nuts, soya, gluten, sesame and shellfish. From shepherd's pie, risottos, Thai curries and casseroles along with cakes and desserts, The Allergy-Free Family members Cookbook is packed filled with 100 nutritious quality recipes, which allow everyone around the table to enjoy the same meal.



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I love the dishes that are so quick and easy to ... It is compiled by two British mums and all of the ingredients are really easy to get in my local stores in Brooklyn. Therefore pleased I bought this book! So excited to understand this new book. All the recipes are free from 8 major allergens and the dishes give advice in what you can add back if you are not really allergic. I'd definitely recommend this publication to anyone with an allergy, especially multiple allergy symptoms or intolerance. I really like the dishes that are so fast and simple to make. Good go to So pleased to get some good ideas.



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