

300 recipes for any occasion!

THE

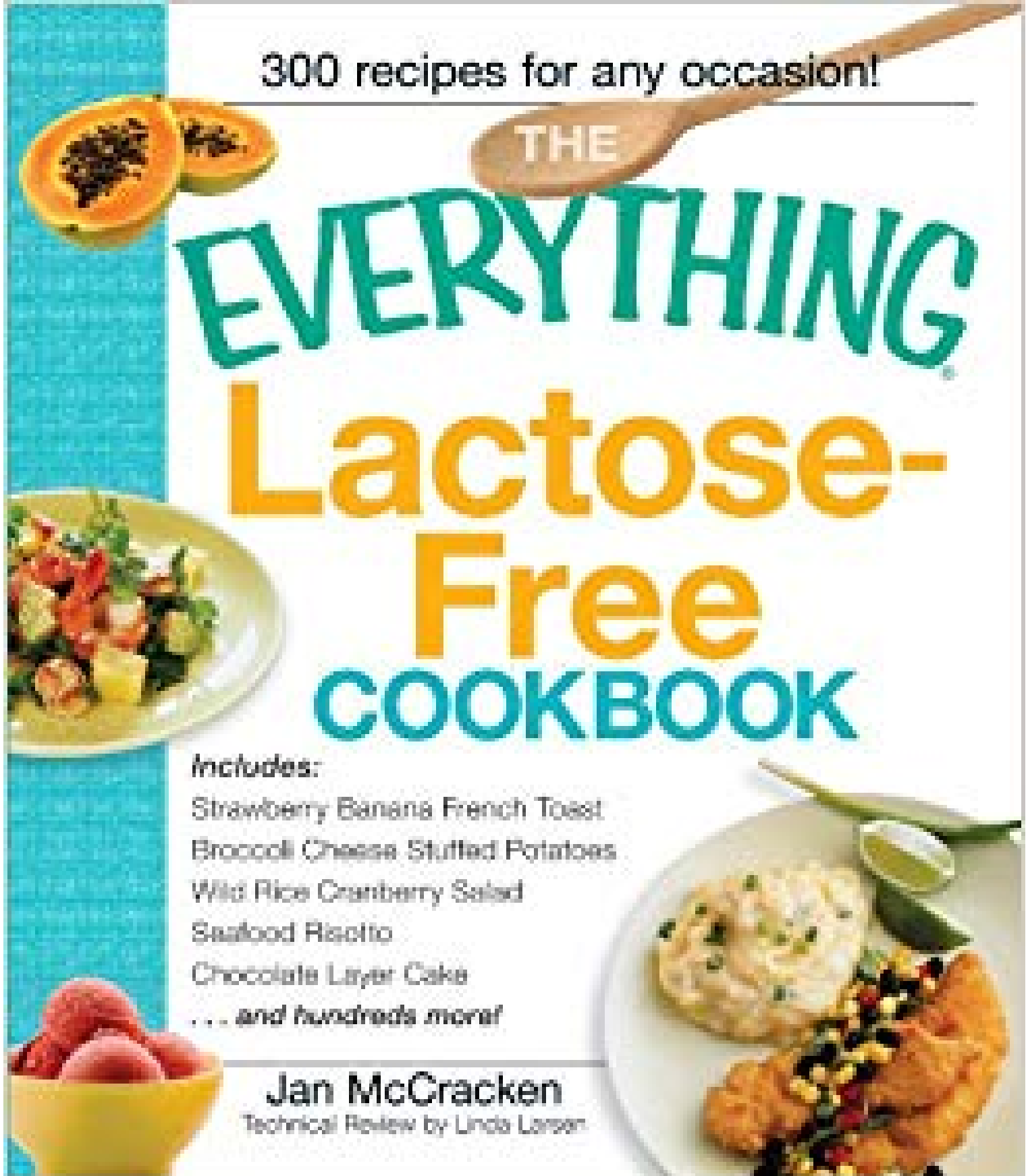
# EVERYTHING<sup>®</sup> Lactose- Free COOKBOOK

*Includes:*

Strawberry Banana French Toast  
Broccoli Cheese Stuffed Potatoes  
Wild Rice Cranberry Salad  
Seafood Risotto  
Chocolate Layer Cake  
... and hundreds more!

**Jan McCracken**

Technical Review by Linda Larsen



*Jan McCracken*

**The Everything Lactose Free Cookbook: Easy-to-prepare,  
low-dairy alternatives for your favorite meals**



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Possess your cheesecake, and consume it, too!.Creamy soups, pizza, ice cream .. if you feel your lactose intolerance keeps you from experiencing your favorite foods, think again! Filled with useful guidelines and info, this one-of-a-kind cookbook will satisfy your every craving--without upsetting your belly! This unique cookbook is usually your one-stop reference for whipping up a lot more than 300 delicious low-lactose recipes, including:New York style cheesecakeGrilled salmon with creamy tarragon saucePassion fruit smoothieTofu lasagnaCreamy apricot mousseVeggie omeletThese delightful new recipes provide same textures and tastes simply because your older favorites. With The Everything Lactose-Free Cookbook, it is possible to indulge in worry-free foods and desserts if you want.



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Lactose Intolerant Partner Reunited with Beloved Dairy Products!. My hubby is once again a thrilled dairy consumer and I am a happy wife of a content husband. The info in it revealed Is usually EYE OPENING and makes the difference between LI and Dairy Free of charge clear and precise. Because of studying the sugars ie; lactose in the dairy products, my husband is experiencing 95% of his favorite dairy goods that both of us thought were long gone for him. LOVE THIS BOOK! I've a happy husband due to this book! My husband is usually LI and has truly gone without cheese and several of his favorite milk products because we thought LI meant DAIRY FREE! Good cook book. Five Stars Very helpful book Educational Has great recipes and given explanation about lactose intolerance. Many thanks! So it's not only got great food but is very educational Four Stars Nice cookbook Tons of recipe idea not available online!. Five Stars wnderful item for the people i care about Help with lactose-free items The book had an excellent listing of foods which are all right to get from the supermarket. Great present for the "upset belly" relative. Packaging was good, delivery was prompt. Most of the quality recipes in this book aren't online. Read labels good advice. Three Stars ok



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