



"Colette Martin demystifies the often confounding world of substitutions," enabling home cooks to take back control over the ingredients in their food."
—Christa Mahan, author of *Things I've Learned About Food* and *The Allergy-Free Baker's Handbook* and member of *Lent's Free to Eat*

The ALLERGY- FREE Pantry

MAKE YOUR OWN STAPLES, SNACKS, AND MORE
WITHOUT WHEAT, GLUTEN, DAIRY, EGGS, SOY OR NUTS

COLETTE MARTIN
*Author of *Learning to Bake Allergy-Free**



Colette Martin

The Allergy-Free Pantry: Make Your Own Staples, Snacks, and More Without Wheat, Gluten, Dairy, Eggs, Soy or Nuts



[continue reading](#)

s Pie, Meatloaf)Desserts (Brownie Bites, Chocolate Pudding, Raspberry Fruit Roll Ups, Caramel Sauce)Full-color photographs of each recipe and simple instructions (no advanced kitchen abilities required!The good news for the 15 million Americans with food allergies is that classic treats and pantry staples could be made easily and affordably in the home.) are missing staples they have relied on for a long time. And although stores are stocking more allergen-free brands, shoppers with severe or multiple allergy symptoms can examine every label but still hit out— From Colette Martin, the author of Understanding how to Bake Allergen-Free, comes The Allergy-Totally free Pantry—re following a particular craving or on a budget.After the cupboards are cleared of problem foods, most people coping with new food allergies (their own or their kids'especially if they'with over 100 recipes free of gluten and the top eight allergens (milk, eggs, peanuts, tree nuts, soy, wheat, seafood, and shellfish), for:Simple staples (flour blends, non-dairy milks, egg replacers, Sandwich Loaf of bread, Biscuits, Strawberry Jam, Sunflower Seed Butter)Condiments and salad dressings (Flaxseed Mayonnaise, Ketchup, Ranch Dressing, Barbeque Sauce)Breakfast (Pancakes, Honey Blueberry Granola, Apple Oatmeal Scones)Crackers and cookies (Flax Crackers, Pita Chips, Chocolate Chip Cookies, Snickerdoodles)Pasta, pizza, and freezer meals (Spinach Pasta, Cheesy Sauce, Shepherd'Make your own personal affordable, delicious, and allergy-free staples, snacks, and foods!) make this a must-have guideline to allergy-free home cooking. Refill your cupboards, and reclaim satisfaction!



[continue reading](#)

