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# The Path to Eating Well with Multiple Food Sensitivities & Allergies

140 Sweet & Savory Recipes Free of Over 40 Allergens including Beef, Corn, Sesame, Peanuts, Gluten, Soy, Eggs, Dairy



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**The Path to Eating Well with Multiple Food  
Sensitivities & Allergies: 140 Sweet & Savory Recipes  
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Fantastic Cookbook! The best part is, I found myself making the recipes for myself even though I don't have food sensitivities, but because the quality recipes are delicious and incredibly healthy. I have family and friends who are delicate to many of the same foods that the writer of the book are sensitive to. There are so many great quality recipes in this book that I can cook or bake for them. Before this reserve, I was baffled when thinking of what things to make for them, however now when they go to it is not a problem. It creates them feel very special and included when we are all able to eat the same foods. This cookbook is amazing. I often use the cook book as a springboard for meal ideas. I enjoyed reading the tales behind each recipe and desire to see even more books by this writer. I don't know how exactly to cook even the basics, therefore appreciated the down-to-earth useful guidance. There are plenty of recipes which are very exclusive that I have not seen done somewhere else. Every recipe has a picture of what the finished product looks like, which I like. I loved the fact that the writer took the time and energy to problem herself to get these quality recipes just right! Her dedication to come up with and share her experiences with others ought to be applauded. An absolute must have cookbook whether you have multiple meals sensitivities and allergies! I have this book in your kitchen at all occasions! It is all-inclusive and best for breakfast, lunch, dinner, dessert, and also drink ideas. The images pop off the web pages and make me desire to try them. I appreciated the stories about how the recipes evolved. An excellent addition to any kitchen. This cookbook has so many unique and creative recipes with beautiful photos. The author has linked and paired recipes throughout the book, that assist you create a well-rounded meal.



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