



# Complete Allergy-Free Comfort Foods Cookbook: Every Recipe Is Free of Gluten, Dairy, Soy, Nuts, and Eggs

*Elizabeth Gordon*

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## Complete Allergy-Free Comfort Foods Cookbook: Every Recipe Is Free of Gluten, Dairy, Soy, Nuts, and Eggs *Elizabeth Gordon*

Since her own allergy diagnosis and the creation of her baking business, people consistently turn up their noses and ask Elizabeth Gordon: "Well then, what do you eat?" People newly diagnosed with food allergies often ask themselves the same thing. And the foods they miss most? Their childhood favorites. *The Complete Allergy-Free Comfort Foods Cookbook* outlines entrée, sides, and desserts that hark back to simpler times.

This book brings such time-honored foods and flavors back into the lives of those with the most common food allergies and sensitivities—those with celiac disease or lactose and/or soy intolerance, and those following a gluten-free or casein-free diet, as well as those allergic to eggs and/or nuts. Its more than 100 delicious recipes are easy enough to make any night of the week. They include: Banana Bread, Buffalo Wings, Chicken Soft Tacos, Shredded Pork Sandwiches, Risotto Primavera, Pizza, Rosemary Smashed Potatoes, Twinkies, and Chocolate Chip Cookies.



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