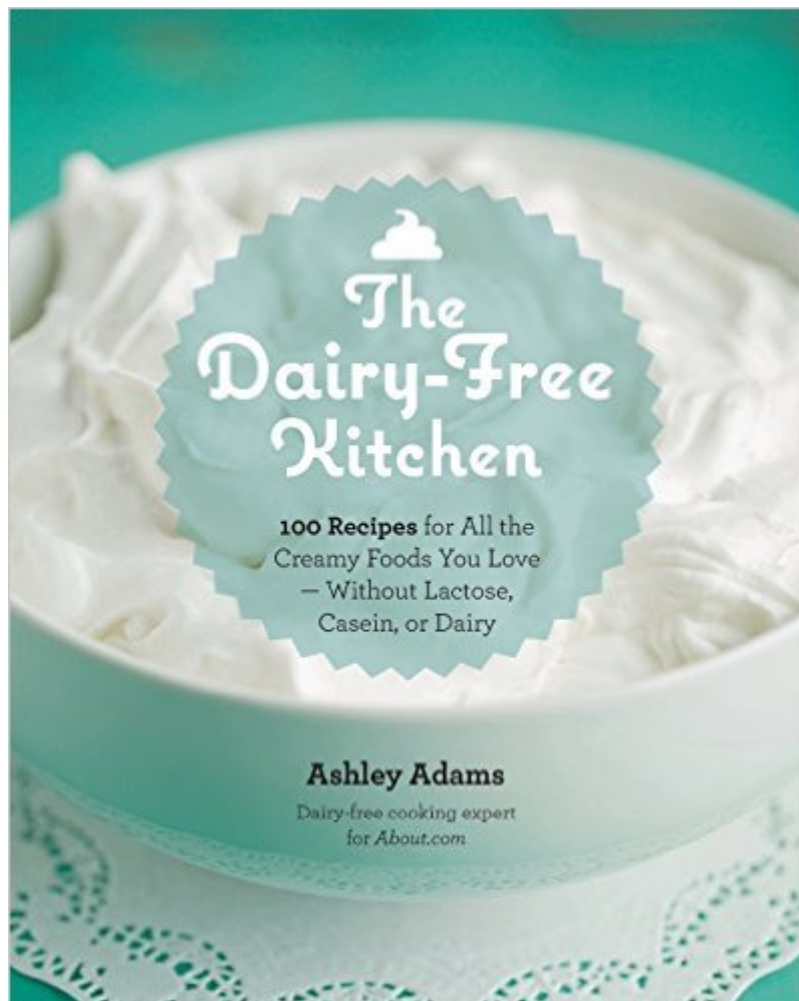


The book was found

# The Dairy-Free Kitchen: 100 Recipes For All The Creamy Foods You Love--Without Lactose, Casein, Or Dairy



## Synopsis

While 4% of the population suffers from diagnosed lactose intolerance, it is estimated that a staggering 50 million Americans suffer from some degree of dairy intolerance/allergy. Moreover, recent research has linked milk protein (casein) to cancer and autoimmune illnesses and found evidence that our bodies quit making the enzymes necessary to digest milk as we age--thus setting up those who consume a dairy-rich diet for IBS, allergies and other autoimmune and digestive difficulties. Dairy has become the "new gluten"--something that people are realizing needs to be minimized in our diet whether they have a formally diagnosed allergy or not. The Dairy-Free Kitchen contains 100 delicious recipes for the foods you love without the dairy. It also provides you with a wealth of information on weeding out hidden dairy in everyday foods and getting adequate levels of calcium and minerals from a dairy-free diet. Going dairy-free isn't as complicated as you think. You can do it! The Dairy-Free Kitchen will help.

## Book Information

Paperback: 192 pages

Publisher: Fair Winds Press; 1 edition (January 15, 2014)

Language: English

ISBN-10: 159233573X

ISBN-13: 978-1592335732

Product Dimensions: 7.5 x 0.8 x 9.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (20 customer reviews)

Best Sellers Rank: #104,869 in Books (See Top 100 in Books) #223 in [Books > Cookbooks, Food & Wine > Special Diet > Allergies](#) #255 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan](#)

## Customer Reviews

I was looking for every day recipes that don't require milk/dairy. This book is for people who want to make staples from scratch that can function as a dairy substitute. Way more than I wanted to get into . . . but if you are ambitious, it's a good reference.

Great book for someone who is looking to go dairy free. I followed the author on about.com before I bought the book, so I knew I wanted it. Wonderful advice and recipes. I use it almost every day.

We tried a chocolate, coconut creme pie inspired by one of the recipes. My husband gave nothing but rave reviews about it!

This was a gift to my mother who has developed lactose intolerance. She was very pleased with the recipes.

this has excellent recipe instructions and the dishes taste amazing. (My favorite is Spinach Fettuccini) I am purchasing a second copy for a dairy allergic friend. thanks!!

Great information, not just recipes, but researched intel in the front portion of the book about why dairy causes allergies.

Wonderful book - - wonderful and exciting recipes! Thank you. Perfect for one avoiding dairy!

Got this as a gift for my daughter. Should have got one for myself to my recipes with. Great book!

[Download to continue reading...](#)

The Dairy-Free Kitchen: 100 Recipes for all the Creamy Foods You Love--Without Lactose, Casein, or Dairy  
The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes  
Recipes for the Specific Carbohydrate Diet: The Grain-Free, Lactose-Free, Sugar-Free Solution to IBD, Celiac Disease, Autism, Cystic Fibrosis, and Other Health Conditions (Healthy Living Cookbooks)  
Icy, Creamy, Healthy, Sweet: 75 Recipes for Dairy-Free Ice Cream, Fruit-Forward Ice Pops, Frozen Yogurt, Granitas, Slushies, Shakes, and More  
Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1)  
The Kid-Friendly ADHD & Autism Cookbook, Updated and Revised: The Ultimate Guide to the Gluten-Free, Casein-Free Diet  
SPOOKtacular Gluten-Free Halloween Desserts: A cookbook of delicious, wheat-free, dairy free, all natural organic recipes that will dazzle your guests at your scary party  
Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt)  
Paleo Cooking from Elana's Pantry: Gluten-Free, Grain-Free, Dairy-Free Recipes  
The Nourished Kitchen: Farm-to-Table Recipes for the Traditional Foods Lifestyle Featuring Bone Broths, Fermented Vegetables, Grass-Fed Meats, Wholesome Fats, Raw Dairy, and Kombuchas  
The Paleo Bread Bible: More Than 100 Grain-Free, Dairy-Free

Recipes for Wholesome, Delicious Bread The Dairy-Free & Gluten-Free Kitchen Danielle Walker's Against All Grain: Meals Made Simple: Gluten-Free, Dairy-Free, and Paleo Recipes to Make Anytime Danielle Walker's Against All Grain Celebrations: A Year of Gluten-Free, Dairy-Free, and Paleo Recipes for Every Occasion Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Smoothies for Diabetics: Over 100 Quick & Easy Gluten Free Low Cholesterol Whole Foods Blender Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) The Primal Blueprint Cookbook: Primal, Low Carb, Paleo, Grain-Free, Dairy-Free and Gluten-Free (Primal Blueprint Series) Pure Delicious: More Than 150 Delectable Allergen-Free Recipes Without Gluten, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Shellfish, or Cane Sugar Dairy-Free Ice Cream: 75 Recipes Made Without Eggs, Gluten, Soy, or Refined Sugar Thoroughly Modern Milkshakes: 100 Thick and Creamy Shakes You Can Make At Home

[Dmca](#)