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Go Dairy Free: The Guide And Cookbook For Milk Allergies, Lactose Intolerance, And Casein-Free Living



Synopsis

It has been estimated that over 7.5% of the U.S. population lives dairy-free, yet so few resources cater to this expansive and diverse group. To aid this niche, Alisa Fleming founded the informational website GoDairyFree.org in 2004, and produced the limited edition guidebook *Dairy Free Made Easy* in 2006, which quickly sold out. Back by popular demand, Alisa has updated and expanded her guide to address additional FAQs and to include an expansive cookbook section. Within this complete dairy-free living resource, you will discover ... Over 225 Delicious Dairy-Free Recipes with numerous options to satisfy dairy cravings, while focusing on naturally rich and delicious whole foods. A Comprehensive Guide to Dairy Substitutes which explains how to purchase, use, and prepare alternatives for butter, cheese, cream, milk, and much more, from scratch. Grocery Shopping Information from suspect ingredients lists and label-reading assistance to food suggestions and money-saving tips. A Detailed Calcium Chapter to identify calcium-rich foods and supplements and understand other factors involved in building and maintaining strong bones. An In-Depth Health Section that explains dairy, details the signs and symptoms of various dairy-related illnesses, and thoroughly addresses protein, fat, and nutrient issues in the dairy-free transition. Everyday Living Tips with suggestions for skincare, supplements, store-bought foods, restaurant dining, travel, celebrations, and other social situations. Infant Milk Allergy Checklists that go into detail on signs, symptoms, and solutions for babies with milk allergies or intolerances. Multiple Food Allergy and Vegan-Friendly Resources including a recipe index to quickly reference which recipes are vegan and which are free from soy, eggs, wheat, gluten, peanuts, and/or tree nuts.

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Customer Reviews

It is rare that within a 24 hour period I make four recipes from one cookbook, let alone a newly acquired one. But *Go Dairy Free*, by Alisa Marie Fleming, is so fantastic, that I needed to dig in immediately. And then I couldn't stop! This is a must-have cookbook for anyone looking to expand their recipe repertoire, regardless of whether you want or need to go dairy-free. Besides fabulous sounding recipes, the book is a wealth of information. First of all, the recipe/allergy index at the back of the book is phenomenal. Listed according to categories (dairy alternatives, breakfast to brunch, baking bread, sips & smoothies among others), each section tells you whether the recipe is vegan, egg-free, soy-free, gluten-free, wheat-free, nut-free and/or peanut-free. This feature alone is worth the very reasonable price of the book (I am not an affiliate seller for this book - just very pleased!). But I can't stop there. One of the other great features of the book is the section that talks about calcium. How many of us, when friends and/or family realize we're not eating dairy ask us where we'll get our calcium from?! Right? You know what I'm talking about. The author of *Go Dairy Free* explores this in depth, helping the reader understand how much calcium one really needs and explaining how calcium needs can be met without eating dairy. My first foray into the book started with a recipe for Creamy Pesto-Inspired Pasta. If I hadn't cooked the dish with my own two hands, I never would've known it wasn't a creamy dairy-filled parmesan sauce. And to boot, it was unbelievably easy. Only thing is, I should've doubled the recipe. We practically licked our plates! It didn't need anything more to improve the taste, but I decided to try the author's Easy Parmesan Substitute.

First of all, this is more than a cookbook. This is a guidebook for living and cooking dairy free. Most dairy free cookbooks briefly mention substitutions, tips for dining out, things to look out for, etc. But here, you get 17 (yes, 17!) chapters on tips for living dairy free - including travel tips, supplements, skincare, tips on getting enough calcium, infant allergies, and stocking your kitchen. I come from the land of cheese, and navigating family social gatherings isn't always easy, so I appreciated the section on dining with friends and family. No one wants to be left out of social gatherings because of a food allergy. But on to the recipes. I have been dairy free for over ten years now, so I've built up quite the arsenal of dairy free recipes, both of the easy go-to variety and of the more involved variety. Still, in only a couple months of owning this book, I've found and tried countless new recipes and I have never once been disappointed. Almost all of these recipes are fast and easy, but if you aren't in the mood to cook, there are also store-bought recommendations throughout the book too. I'm a huge fan of desserts, and the Bittersweet Truffles that I made at 8 am one morning in a fit

of "I'm going to need chocolate later today, I just know it" were absolutely fantastic. The Virtuous Chocolate Mousse was my nightly dessert for about a week straight. Coffee House Cookies, Peanut Butter Truffles, the 3 pages of ice cream recipes? Don't even get me started. I made the Cheesy Broccoli Soup just yesterday. The recipe said that it makes 4 servings, and when I made it I thought that there would be no way that it was only 4 servings - there was SO much soup. It's so good though, I couldn't stop eating it. Plus there are four different veggies in it.

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