



# The Allergy-Free Cook Bakes Bread: Gluten-Free, Dairy-Free, Egg-Free

*Laurie Sadowski*

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## **The Allergy-Free Cook Bakes Bread: Gluten-Free, Dairy-Free, Egg-Free** Laurie Sadowski

Dealing with any food allergy is a challenge, especially when you find yourself coping with more than one of the common food allergens: gluten, wheat, dairy, or eggs, as well as soy, corn, tree nuts, or peanuts. Food writer and critic Laurie Sadowski delivers recipes that are gluten-free, vegan, and healthful with a few indulgences, classic essentials, and everything in between. In *The Allergy-Free Cook Bakes Bread* proves that restricted ingredients do not equal restricted diets. These recipes have universal appeal and are everyone's favorites: rich sweet breads, muffins cinnamon rolls, and doughnuts, as well as tasty crackers, biscuits, tortillas, and soft, hearty yeast breads, rolls, pitas, bagels, and pizza crusts. Also provided is information on how to interpret ingredient labels, keep food allergens out of your environment, and get all the nutrients you need on a specialized diet along with essential information on gluten-free flours, stocking a gluten-free pantry, and how to make substitutions for milk, eggs, butter, and other problem ingredients.

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