



# **Food Allergy Kitchen Wizardry: 125 Recipes For People with Allergies to Dairy, Eggs, Wheat, Soy, Peanuts, Nuts, Fish, Seafood, and Gluten**

*Jeanette Bradley*

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Cook up some magic! Gluten-free, dairy-free spaghetti and meatballs? Coming right up! Thanksgiving dinner for guests with multiple food allergies? No problem! Moist, delicious cupcakes that are gluten-free and vegan? Yes. Oh, yes. Food Allergy Kitchen Wizardry introduces 125 delicious, healthy, and allergy-friendly recipes. as well as an introduction to the art of living with food allergies: reading labels, stocking a pantry, eating out, and making substitutions in your favorite recipes. There is even a special chapter on feeding babies and toddlers their first allergy-friendly foods.

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