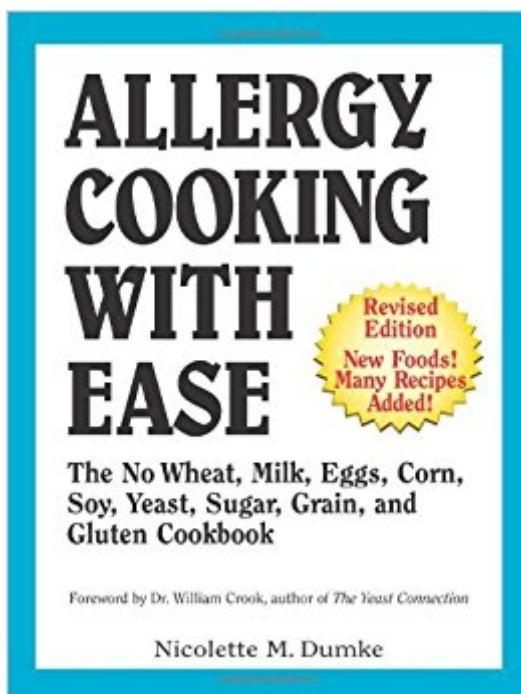


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# Allergy Cooking With Ease: The No Wheat, Milk, Eggs, Corn, And Soy Cookbook



## **Synopsis**

Allergy Cooking With Ease (Revised Edition) - This classic all-purpose allergy cookbook was out of print and now is making a comeback in a revised edition. It includes all the old favorite recipes of the first edition plus many new recipes and new foods. With over 300 recipes for baked goods, main dishes (even comfort foods), soups, salads, vegetables, ethnic dishes, desserts (lots of cookies), and more, it will help you make living with your food allergies easy and put some fun back into your diet. Informational sections of the book are also totally updated, including the extensive "Sources" section.

## **Book Information**

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Best Sellers Rank: #722,915 in Books (See Top 100 in Books) #127 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies #168 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #218 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Cheese & Dairy

## **Customer Reviews**

This book asks and answers the questions, "How, then, can we live?" Not only do folks with multiple allergies have to avoid completely many common foods that are the basis of our national diet, they also must rotate other foods or food families, eating them just once or twice a week. Dumke provides recipes for a variety of foods, including desserts, ice cream, pizza, and other popular delights that allergy patients must give up. Many of the recipes, such as the ones for no-yeast bread, pizza crust, and teething biscuits, offer variations based on alternate flours. The book is enhanced by several indexes and tables. Food-family tables for all common plant and animal foods are indexed; there is a complete allergen avoidance index; an index to recipes by grains and alternatives; and a general index. This is a valuable addition to cookery collections and health collections and a helpful reference tool as well.- Carol Cubberly, Univ. of Southern Mississippi,

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Allergy Cooking With Ease contains over 250 original, family-tested, delicious recipes using a wide variety of flours and includes both vegetarian recipes and those made with a variety of unusual sources of protein. Recipes can be found for those special foods that most food allergy patients think they will never eat again, such as pizza, ice cream, and hamburger buns. Also timesaving tricks, Allergen Avoidance Index, and Index to the Recipes by Major Grains or Grain Alternatives are included. Allergy Cooking With Ease is an essential addition to any food allergy sensitive's culinary bookshelf. -- Midwest Book Review --This text refers to an out of print or unavailable edition of this title.

In response to Kila Day's comment in a previous review that the title of Allergy Cooking with Ease was misleading, the book now has a new, shorter, and more accurate subtitle. ALL of the recipes in the book are free of wheat, cow's milk, eggs, corn, and soy. Of the 358 recipes and recipe variations in the book, 332 are also free of yeast, 348 are also free of sugar (most of the desserts are fruit-sweetened), 261 are also free of all grains, and 267 are also free of gluten. Although a few of the recipes call for alternative milk or cheese, often as an optional ingredient, 333 of the recipes do not. Obviously, most of the recipes are free of all of the allergens listed in the original subtitle. I am sorry to have disappointed Kila and the reviewer who said that too many allergens were avoided in the book and hope that the new subtitle will make things more clear. Although I obviously can't please all people at all times, the original and revised versions of Allergy Cooking with Ease have many fans and satisfied owners (~40,000). Until the recent publication of my book The Ultimate Food Allergy Cookbook and Survival Guide, Allergy Cooking with Ease was my best seller. I DO understand where Kila is "coming from" and sympathize. After thinking "I can't eat this" about most foods, if someone sees a few recipes they can't eat in a book, they immediately jump to the conclusion that they can't eat anything. With her "eleven kids too many," it's easy to understand why Kila may be doing things very quickly and without having looked at the book thoroughly. Also, to avoid further confusion, the subtitle of the book can be changed in the "official" listings immediately, although it may take a few days for the changes to show up. However, there are quite a few books printed with the original cover design at this point. A revised cover is forthcoming but is not possible immediately. I apologize for the confusion to Kila and any other readers.

This book is wonderful for those who are on a 'rotation' diet (not eating the same food every day). My daughter has 31 food sensitivities, including wheat, eggs, dairy, soy (based on blood test at immunolabs.com). Although I have purchased some really great-tasting allergy recipe books, I go back to this one again and again, especially for homemade baked snacks. Finding baked goods with minimal amount of ingredients was the most challenging - until now. I have tried several baked items (oatmeal cookies, sandwich cookies with carob, carob/cocoa cake, rye crackers, rye bread, cookie press cookies, etc.) and a baked chicken dish. The recipes use a minimal amount of ingredients with various substitution options, and the author tries to keep the ingredients in the same food family. The recipes also provide many flour substitutions (quinoa, oatmeal, rye, barley, millet, amaranth, etc.). I also don't have to worry about wiping out or substituting half the ingredients and cross my fingers it will still work. Surprisingly, with the limited number of ingredients, the baked items came out pretty decent and something that my daughter actually enjoys. I do want to note that we have only started this type of 'whole food' diet recently, so for the newbie like us, it may not be as delicious as the unhealthy processed store-bought cookies and cakes we're used to, but it is still decent. I rarely/never baked before, but these recipes are very easy, and quick. When I tried recipes from other allergy-free books, some of them ended up in the trash, which was getting expensive because they required a combination of several flour mixes; So it was a surprise and delight to actually bake something with few ingredients, that actually worked. There are also great tips on substitutions. The author substitutes lemons with unbuffered vitamin C crystals - which is great because my daughter can't eat any lemons, oranges, grapefruit, etc.

Being "new" to food allergies, I did a lot of research on the subject. My husband has many food allergies that make baking a challenge (wheat, eggs, yeasts, sugar are just 4 of 25). With the help of Nicolette Dumke and her books, she has helped me gain the confidence to help my husband. I feel that since she is living with allergies, she is sharing a part of her journey with us...guiding us toward the healthy lifestyle we are creating by using her knowledge as a tool. I tried several recipes for a Memorial Day cookout with our children and their families. Absolutely delicious! Our grandbabies helped themselves again and again and our grown children wanted recipes! Ms. Dumke is like having a sister in the kitchen with you. I highly recommend ALL her books.

This book claimed to be filled with gluten/wheat free recipes. But what I found were recipes using Rye, Spelt, Barley and Oat flours! I will be returning this one. Very disappointed.

It's a cookbook, there are things to make that taste good within it.

This cookbook is really great. It takes into account 90% of the allergens I have so I am able to make most of the recipes in the book. I would recommend this book to everyone.

Good book for those who don't necessarily need pics but just lots of info. Has lots of followers.

I was recently diagnosed with several food allergies/sensitivities. I was excited to get this book. Unfortunately, A for effort, but F for product results. The recipes lack flavor and in some cases taste vile. The author never attempted sweeteners for the baking items such as agave nectar or even honey. Not so tasty!

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