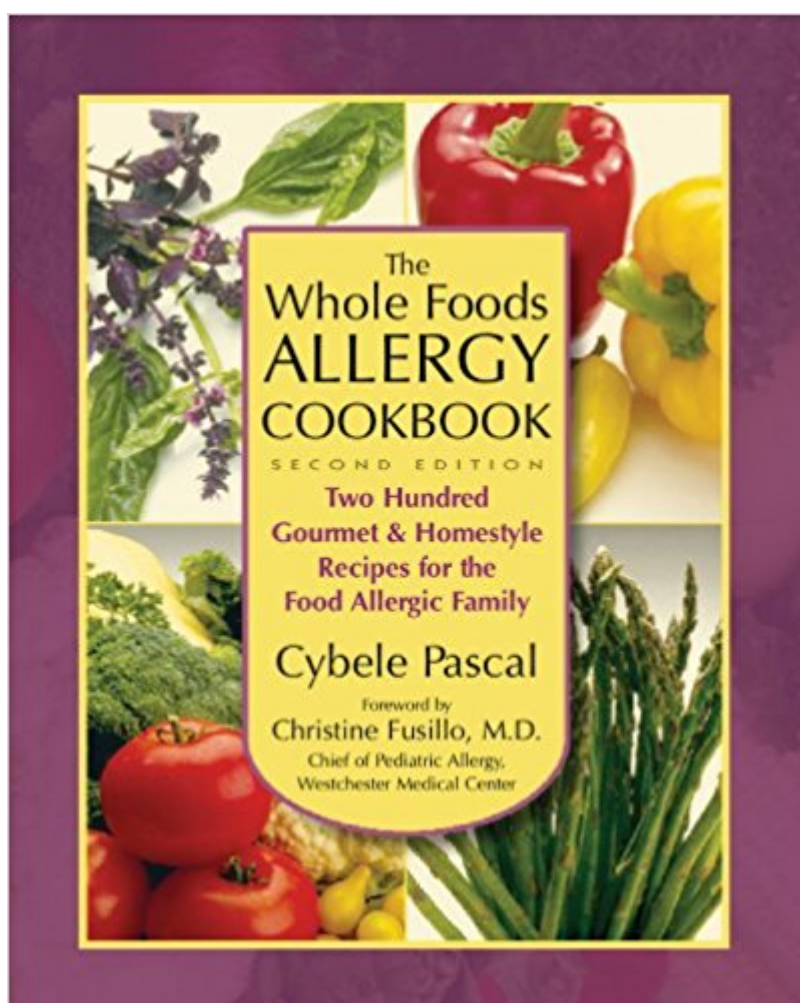


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# The Whole Foods Allergy Cookbook, 2nd Edition: Two Hundred Gourmet & Homestyle Recipes For The Food Allergic Family



## Synopsis

The Whole Foods Allergy Cookbook is the first cookbook to eliminate all eight allergens responsible for ninety percent of food allergies. Each and every dish offered is free of dairy, eggs, wheat, soy, peanuts, tree nuts, fish, and shellfish. You will find tempting recipes for breakfast pancakes, breads, and cereals; lunch soups, salads, spreads, and sandwiches; dinner entrées and side dishes; dessert puddings, cupcakes, cookies, cakes, and pies; and even after-school snacks ranging from trail mix to pizza and pretzels. Included is a resource guide to organizations, as well as a shopping guide for hard-to-find items. If you thought that allergies meant missing out on nutrition, variety, and flavor, think again. With The Whole Foods Allergy Cookbook, you will have both the wonderful taste you want and the radiant health you deserve.

## Book Information

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Best Sellers Rank: #442,016 in Books (See Top 100 in Books) #83 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies #112 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #166 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy

## Customer Reviews

"Provides many easy-to-follow recipes and fresh menu ideas for food allergy sufferers and those on a restricted diet." -- Food Allergy News, 2005  
Food allergies,...are becoming a major public health problem. There is an urgent need for a cookbook like this. -- Eric Chivian M.D. -- Director of the Center for Health and the Global Environment at Harvard Medical School  
Offers real-life suggestions on how to adapt to the food-allergic lifestyle. Highly recommended for public libraries. --Library Journal, June, 2005

Delicious, healthy and what a relief for those of us who cook for our children with food allergies! We are so glad to be publishing this book.

This is the first book I have ever been in love with! I am breastfeeding my daughter who is currently 7 months old--due to her allergies I can not eat anything with dairy, soy, eggs or nuts. ALL the recipes in this book do not include these ingredients. It is so nice to be able to pick up a cookbook and make any recipe in it. After trying many of her recipes, I have decided I eventually want to make everything in this book at least once. I will never be deprived from exciting, tasty food again! I wish I knew of this book earlier--if I knew of any other families with similar allergies I would rush them a copy of this book! Cybele's recipes include a great variety of restaurant quality foods from gourmet to home style. All the tastes I love are included--so if I am craving something I used to be able to eat--I can find something like it in her book. When you eat her food you do not feel like anything is missing. I have always tried to stick to organic, whole foods both for taste and health; her book incorporates this with the addition of excluding allergenic foods. I can serve these dishes to guests without any hesitation--in fact I prepared a gourmet 5-course meal using the recipes in this book for some good friends last night (who did not have food allergies) and they all raved about the meal. Everyone cleaned their plates, some asked for seconds and one joked "If this is the way you eat with allergies I think we all should get some allergies." Cybele's book is wonderfully organized. I love the provided grocery list, with the brands she uses listed, and where to order the foods from if I am unable to find them in our grocery store. It is so nice to have this work done for me! I recommend any fans to check out Cybele's blog where she offers even more ideas, recipes and family updates. If a second edition were to ever be made the only suggestion for change I would have would be to include pictures of prepared foods.

I have been working on learning how to cook gluten/dairy free as my son(4) is allergic to both and Soy, Corn, Eggs, Maple, Peanuts, Melons, Apples, Bananas and Tomatoes. He did just get a re-test done and now can eat melon, apple and tomatoes!! This book is one of the first I have purchased tho I have been gifted many. We made the muffins that have the sweet potato puree in them and they didn't last the day. We had no barley flour so we substituted Quinoa (not bad) and used coconut syrup instead of maple. The recipe still turned out great thanks to the handy reference in the front. Thank you Cybele Pascal. Shipment was quick too. Definitely will use this seller again.

This is one of my favorite cookbooks, food allergy or not. I \*love\* it! The recipes make us stop missing going to restaurants. I love The Lady from Naples sauce, 'My Favorite Salad Dressing', the soup with red pepper, the corn salad, potato salads, and most everything I have tried. My husband

loves the Cherry Dijon Porkchops, meatballs and more. This is just a \*great\* cookbook. If you have a wheat allergy I think there may be some recipes you can't convert to being wheat-free so easily. However, the vast majority of the recipes do not call for wheat. Some of the products she recommended do have cross contamination issues. I recommend people call and verify whether a product is safe for yourself/your child in general. I appreciate the authors lists of foods and companies because I found some new, safe foods from them. And I greatly appreciate that eating is fun again in large part thanks to this wonderful cookbook. Thank you Cybele Pascal!

This book has many great recipes that are delicious on their own, and easily modified for specific allergies. A few posters mentioned that the author recommends flours containing gluten, the author repeatedly encourages substitutions for those flours as necessary for your own needs. I have found the substitutions to be easy and fun and have been able to create many of my own recipes with this book as an encouragement to experiment- multiple allergies does not mean the death of good eating but the beginning of a food adventure!

I recently found out I have numerous food allergies and sensitivities - this cookbook is definitely my new favorite! Not only are there TONS of delicious REAL FOOD recipes - they don't seem to be super complicated or time consuming! Best of all - most if not all recipes use natural sweeteners as opposed to refined sugars. HIGHLY recommend! There are several recipes that include corn or cornmeal though so, if corn is one of your allergens there are several of those in there and several use spelt or barley flour - so if you are gluten intolerant you may have to do some substitutions.

This book was my lifeline in entering allergy cooking. Some of these recipes have become our monthly favorites, and we are a family that doesn't repeat ourselves often! This book not only has great recipes, but also employs great techniques that are usable in all allergen free cooking. Some recipes are a bit on the exotic side (rabbit?) but there are plenty of more expected offerings, and it is nice to know that given the need arising, I could cook something unique and still allergy free. Cannot say enough about this book!

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