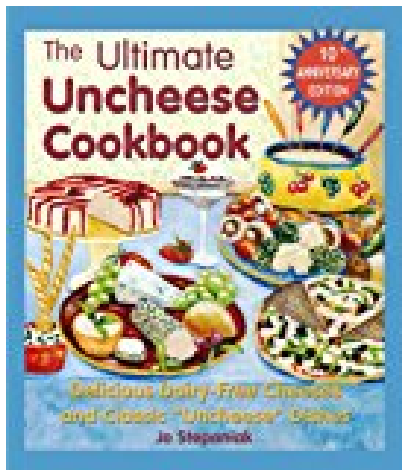


The Ultimate Uncheese Cookbook Delicious Dairy-Free Cheeses and Classic Uncheese Dishes



BOOK DETAILS

- Author : Jo Stepaniak
- Pages : 192 Pages
- Publisher : Book Pub Co
- Language : English
- ISBN : 1570671516

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BOOK SYNOPSIS

This is the perfect cookbook for those who need or want to eliminate dairy products but still enjoy their favorite dishes. This tenth anniversary edition offers completely new versions of the acclaimed, original recipes plus many new ones. You'll discover a whole new world of flavorful, cheesy-tasting dishes without the cholesterol and dairy allergies that can be harmful to your health. Whether for family dining or elegant entertaining, you'll find recipes that will suit the occasion. Renown nutritionist and dietitian, Vesanto Melina, brings you up-to-date on the latest research about dairy and your health. Tables and charts show calcium, protein, and other nutrients in a variety of plant foods to help you safely replace dairy in your diet. And this new edition contains designations for each recipe to indicate whether it is gluten, soy, nut, yeast, and/or corn free for people who are sensitive to a wide range of food allergens.

THE ULTIMATE UNCHEESE COOKBOOK DELICIOUS DAIRY-FREE CHEESES AND CLASSIC UNCHEESE DISHES

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