



Lactose Free: More Than 100 Delicious Recipes Your Family Will Love (Great Healthy Food)

Lucy Knox

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A NEW APPROACH TO THE LACTOSE-FREE DIET -- DELICIOUS FOOD WITHOUT WORRY

Millions who cannot tolerate lactose in their diet no longer have to make do with cookbooks that provide safe but unappealing recipes. With more than 100 contemporary recipes that will delight the palate, please the eye, and satisfy family and guests -- whether they are lactose-intolerant or not -- "Lactose-Free" provides a welcome alternative, offering:

Important information on lactose intolerance and tips on how to choose ingredients that are safe to eat. Illustrated with beautiful full-color photographs and packed with helpful information, "Lactose-Free" proves that there is no need to sacrifice taste and aesthetic pleasure at mealtimes, even when certain items are "off the menu."

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From reader reviews:

Joyce Morton: This book untitled Lactose Free: More Than 100 Delicious Recipes Your Family Will Love (Great Healthy Food) to be one of several books that will best seller in this year, this is because when you read this guide you can get a lot of benefit onto it. You will easily to buy this specific book in the book shop or you can order it by way of online. The publisher in this book sells the e-book too. It makes you quickly to read this book, because you can read this book in your Smartphone. So there is no reason to you personally to past this guide from your list.

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