



# The Everyday Dairy-Free Cookbook: Over 180 Delicious Recipes to Make Eating a Pleasure

*Miller Rogers, Emily White*

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With as many as 50 million Americans who are lactose intolerant, The Everyday Dairy-Free Cookbook provides delicious dishes for those who must avoid dairy in their diet. This cookbook by a nutritionist and a chef explains lactose intolerance in detail, from recognizing symptoms to where to find help. The book includes 12 pages of color photos that accompany 200 recipes for family meals; a special section on cooking for children; substitutions for milk, butter, and cheese; and menu suggestions and nutritional analysis. From Spaghetti Carbonara to Yorkshire Pudding to Macaroni and Cheese, these sumptuous dishes will please even the most discriminating palate.

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