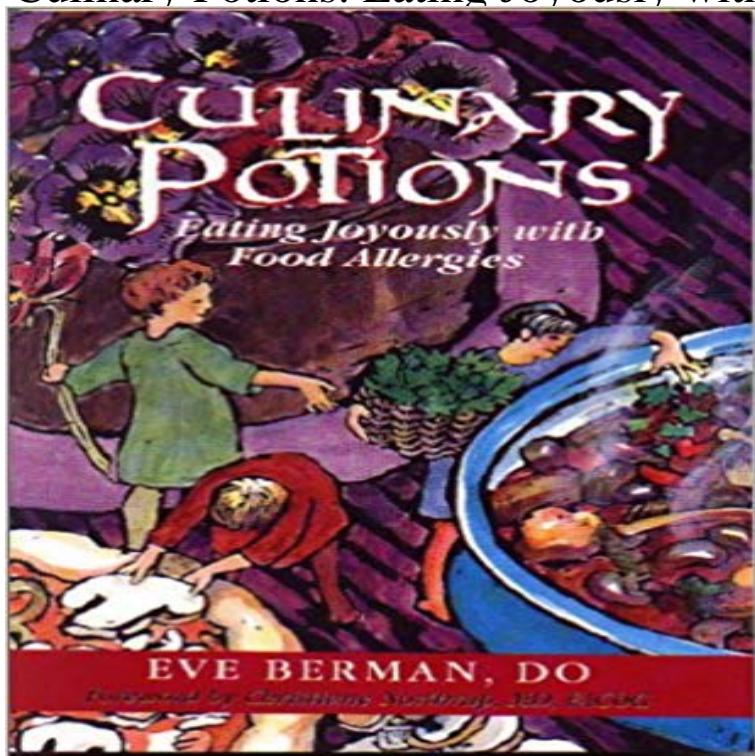


Culinary Potions: Eating Joyously with Food Allergies



Nourishing Body and Soul. Wheat, potatoes, and corn, three of the least tolerated foods, are also among the most satisfying, giving rise to a sense of fullness. Without them it is easy to feel deprived. Gathered here are more than fifty sumptuous culprit-free recipes proven to vanquish the dragon of deprivation, together with clinically tested guidelines for creating balanced meals. Most recipes lack gluten and yeast, too, and are low in carbohydrates. All are simple to prepare, even if you have never cooked before. Included are dishes for personal enjoyment, family dining, lunch boxes and festive occasions. Each comes complete with kitchen advice and a nutritional analysis.

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