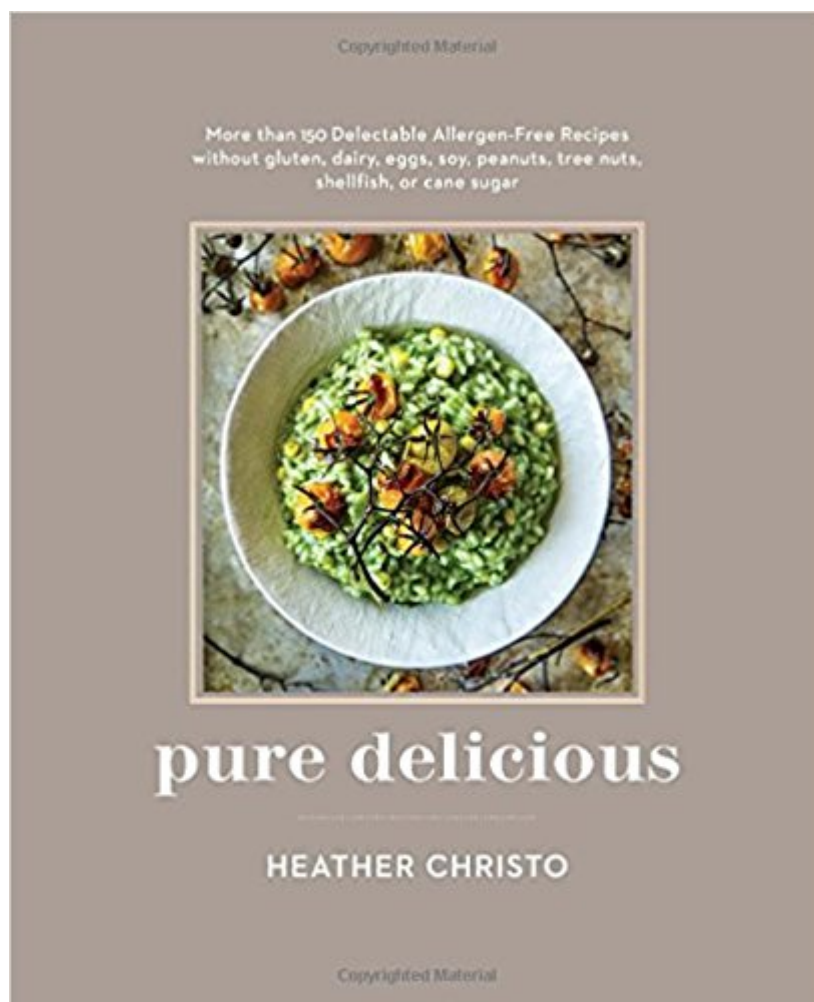




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# Pure Delicious: More Than 150 Delectable Allergen-Free Recipes Without Gluten, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Shellfish, Or Cane Sugar





## Synopsis

2017 James Beard® Foundation Book Award nominee The most beautiful and comprehensive resource available for anyone facing food allergies or cooking for someone who does with 150 shockingly tasty recipes. Allergen-free cooking has never been easier or more appealing than in these recipes made entirely without dairy, soy, nuts, peanuts, gluten, seafood, cane sugar, or eggs. Created by a mother (and power blogger) whose young children were diagnosed with severe food allergies and herself has multiple food sensitivities, this collection of family-friendly recipes means no more need to make multiple meals; everyone can enjoy every single dish because all are free of the major allergy triggers. With an 8-week elimination diet to help readers identify allergens and a game plan for transitioning to a cleaner, safer way of eating that is kid-tested and parent-approved, *Pure Delicious* changes cooking for the family from a minefield to an act of love.

## Book Information

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## Customer Reviews

Heather Christo is a formally trained chef, caterer, and the voice behind the popular food blog *HeatherChristo.com*, as well as a permanent contributor to *ThePioneerWoman.com*. Her recipes and food photography have been featured in many national magazines and television shows, and she is the author of *Heather Christo's Generous Table*. She lives in Seattle with her husband and two young daughters.

Great cookbook! Well written and beautiful pictures!!! The meatballs, pesto chicken and artichoke lemon hummus are just some of my favorites. Weather or not you have food allergies the recipes are delicious!!! Definitely a must have in my cookbook library!

I love this book. There are so many awesome recipes! I will say that sometimes it takes me a bit longer to prepare the meals than the time listed, but my family has loved every single thing I've made from this book and there are a couple of family members that are harder to please. The Carrot Pesto Pasta is my husband's favorite and he requests it regularly. The Prosciutto-Wrapped Chicken is so easy and absolutely delicious. We don't eat a lot of sugar, so I haven't made any of the desserts yet, but I'm SUPER pleased with this purchase.

My favorite cookbook! I was diagnosed with a gluten allergy a few years ago and wasn't sure how to adjust more complex recipes. What I love about Heather's book because I have other gluten free cookbooks, it's the right amount of work but incredible flavor. The fact that she's a chef comes through. I would highly recommend this book whether you have allergies or not.

Best cookbook ever! Allergic to over 127 different things and I'm so happy that I get to eat again! Thank you!

This book has changed the game for us allergy ridden families!! Heather has done an amazing job of mixing simplicity along with class to make these recipes easy to make, yet flashy enough for any dinner or party! Thank you!!

My husband recently had to go on a non-dairy and gluten free diet. I was left wondering what I could make that would be appetizing. This cook book was recommended to me by a friend and it has not disappointed me yet.

I love this cookbook! One of my grandsons has many of these food allergies, and it is wonderful to be able to have recipes to follow that have already been tested. We have really enjoyed every one of the recipes we have tried so far. They are delicious and beautiful too! Thank you Heather Christo

I'm new to eating without certain foods in my diet that were causing IBS. This cookbook makes the change stress-free and enjoyable:) It's an enormous help to learn all of Heather's tricks for

alternatives to dairy, cane sugar, eggs, etc. The recipes I've tried are simple to create and very enjoyable. Thanks Heather!

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And ... diet, sugar free diet, low sugar diet,)

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