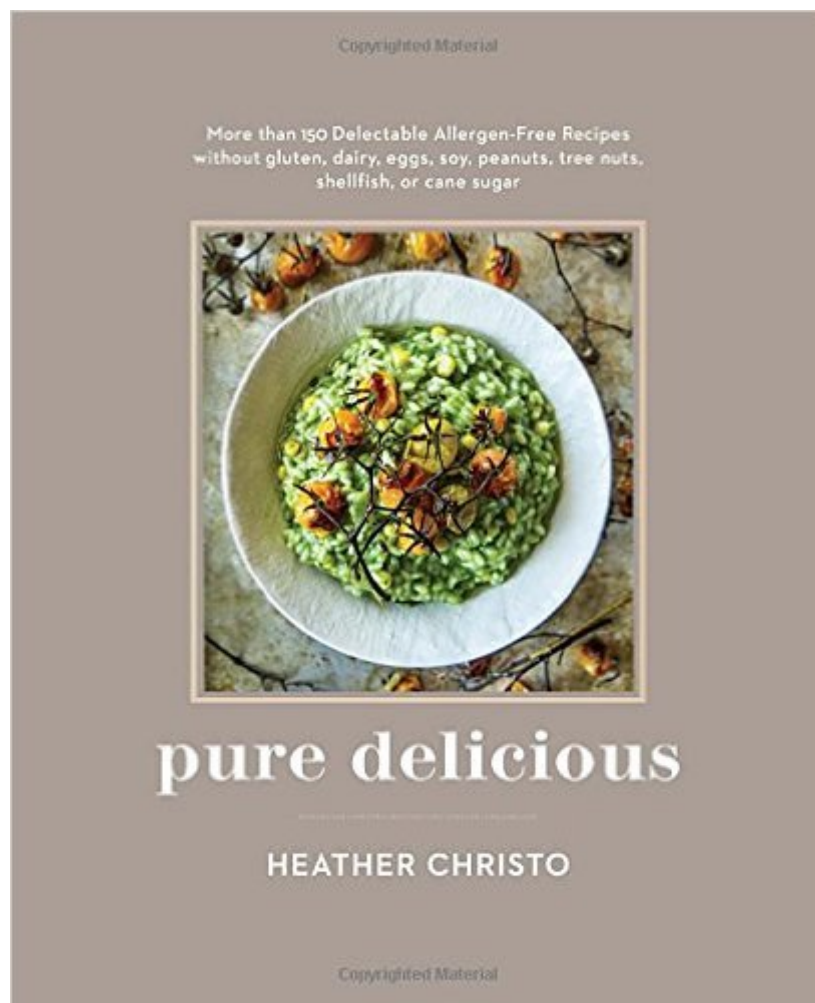


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# Pure Delicious: More Than 150 Delectable Allergen-Free Recipes Without Gluten, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Shellfish, Or Cane Sugar



## Synopsis

As a chef, former caterer, and much-loved food blogger, Heather Christo's life revolves around food, so when she and her daughters were diagnosed with severe food allergies, she thought her life "and career" were over. With ingredients like gluten, dairy, nuts, and even cane sugar and black pepper permanently off the menu, Heather had to teach herself to cook all over again. Much to her surprise, however, she discovered that taking control of her family's diet and wellness led to a new sense of empowerment, bringing her family closer together than ever before while permanently banishing the ill health that had been their "normal" for years.

## Book Information

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## Customer Reviews

When I saw this book I knew I had to get it. The simple, yet elegant book cover photo and text caught my attention. "More than 150 delectable allergen-free recipes" without gluten and other allergens was right up my dietary alley. Living gluten-free for the past few years hasn't been nearly as difficult as I had at first worried it might be, yet I'm always looking for new recipes to add to my meal planning. This book looked promising and I wasn't disappointed. Not only does Pure Delicious include gluten-free recipes, it's chock full of healthy recipes that cater to just about every imaginable special dietary need. Whether you're allergic or sensitive to eggs, wheat, dairy, soy, nuts, shellfish or cane sugar, you'll find a recipe here. Judging from the Introduction and Chapter 1 (Our Story of Transformation) the author has written this book from experience. On pages 16 - 17, Ms. Christo knowledgeably discusses the difference between food allergies,

intolerances and sensitivities â “ this is important when it comes to the foods we eat. The recipes are certainly doable. They include ingredients that most people either already have in their kitchen, or are readily available at any local grocery store. There are no crazy, rare ingredients to run around searching for. The accompanying photos alongside each recipe are gorgeous and mouth-watering. Pure Delicious contains six comprehensive chapters: 1. Our Story of Transformation 2. The Food Elimination Diet 3. A Kitchen That Supports You 4. Helping Kids Transition 5. Eating Out 6. Eight Weeks To A Normal Life And ten fantastic recipe categories: 1. Soups and Chilis 2. Salads 3. Appetizers 4. Sides 5. Baked Goods 6. Pizza and Burgers 7.

I have family members and friends who have food allergies. They are allergic to various food ingredients and have different tolerance levels to the same ingredients. When we go to a restaurant or cook at home, we take the necessary precautions to ensure that the food is not cooked in peanut or soy oil, contains no soy or shelled fish, contains no raw apples, peanuts, gluten or dairy. Heather Christo, a mother of two children who has severe food allergies, developed and fine-tuned recipes to enable her children to eat healthy and allergen free foods that are delicious tasting. A trained chef and graduate of Le cordon bleu, she has written a blog and two books filled with great information and allergen-free recipes. Through "Blogging for Books", I was given a copy of her most recent book "Pure Delicious: 150 delectable recipes free from gluten, dairy, egg, soy, tree nuts, peanuts, shellfish and cane sugar." to read and review. "Pure Delicious" is a great source of helpful information and recipes for those who are newly diagnosed with food allergies or intolerances. She recommends getting tested and eliminating those allergens from the diet. She gives a list of safe and healthy alternatives to the food allergens and demonstrates how easy it is to incorporate those ingredients into something that the whole family can enjoy. "Pure Delicious" is sorted by chapters filled with beautiful photographs and recipes for soups and chilis, salads, appetizers, sides, baked goods, pizza and burgers, pasta, mains, desserts, and breakfasts. The recipes are well written and has detailed instructions using various allergen free replacement ingredients.

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The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes  
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