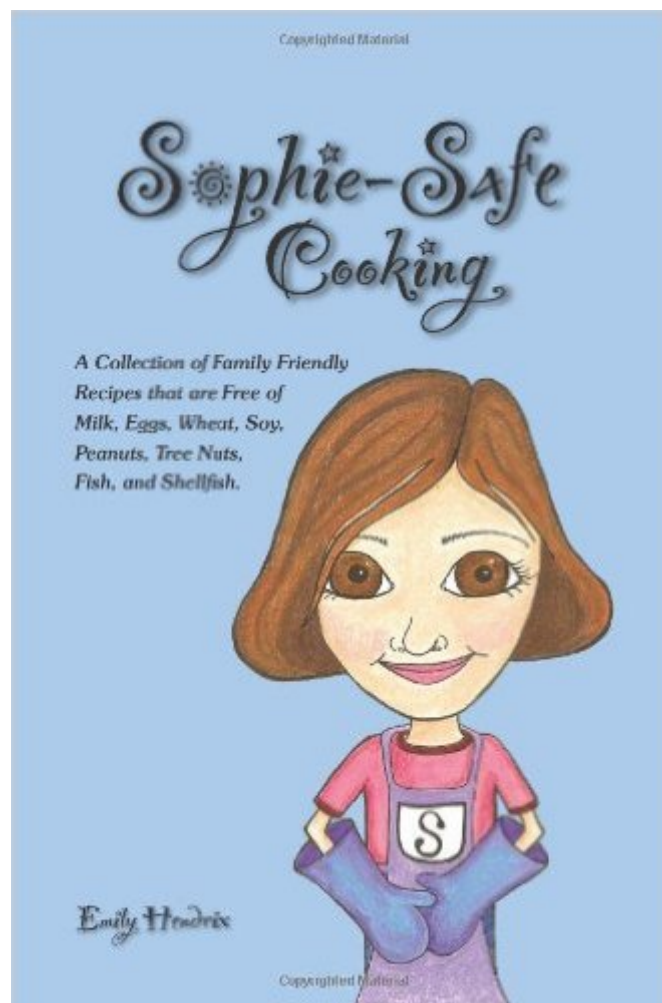


The book was found

Sophie-Safe Cooking: A Collection Of Family Friendly Recipes That Are Free Of Milk, Eggs, Wheat, Soy, Peanuts, Tree Nuts, Fish And Shellfish



Synopsis

a collection of family friendly recipes that are FREE of milk, wheat, soy, peanuts, tree nuts, fish, and shellfish

Book Information

Paperback: 132 pages

Publisher: LULU (December 13, 2006)

Language: English

ISBN-10: 1430304480

ISBN-13: 978-1430304487

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 9 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (81 customer reviews)

Best Sellers Rank: #253,055 in Books (See Top 100 in Books) #10 in Â Books > Health, Fitness & Dieting > Children's Health > Allergies #31 in Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Meat & Game > Game #38 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free

Customer Reviews

The whimsical illustration on the cover of Sophie-Safe Cooking is the perfect representation of its contents. Simple, down-home recipes, created from a mother's love. There is just one thing missing...okay, there are eight things missing...milk, eggs, wheat, soy, peanuts, tree nuts, fish, and shellfish. Emily Hendrix authored this delightful collection from the tasty meals and treats she created for her food allergic child, Sophie. So what's left? Admittedly, I am guessing that Emily's pantry is sparse, with large bags containing a handful of ingredients. Yet, what is in it gets some seriously creative mileage. I like that Emily uses only easy to find, everyday ingredients. Though natural foods and spices are her focus, trips to an expensive specialty grocer (i.e. Whole Foods) are completely unnecessary when following her recipes. Apple cider vinegar is about as exotic as it gets. Sophie-Safe Cooking houses over 100 recipes very neatly laid out, one per page. Most of the recipes contain less than ten ingredients (always a top feature for me) and for the most part the directions are just a few straightforward sentences. Emily adds in helpful, but brief, notes with several of the recipes. Most of the recipes are Sophie-Safe versions of familiar family favorites, such as Granny's Meatloaf, Shepherd's Pie, and Chocolate Cupcakes (frosted of course!). While a few unique concepts caught my eye, like the Whipped Pinto Beans, Zucchini Brownies, and Taco

Vinaigrette. My one and only complaint: the size is handy (6 x 9"), but it is difficult to reference while cooking without a stand to hold the book open. It should be noted that many of the baked goods rely heavily on oat flour.

[Download to continue reading...](#)

Sophie-Safe Cooking: A Collection of Family Friendly Recipes that are Free of Milk, Eggs, Wheat, Soy, Peanuts, Tree Nuts, Fish and Shellfish Pure Delicious: More Than 150 Delectable Allergen-Free Recipes Without Gluten, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Shellfish, or Cane Sugar Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Allergy Cooking with Ease: The No Wheat, Milk, Eggs, Corn, and Soy Cookbook Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook) Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes The Everything Wheat-Free Diet Cookbook: Simple, Healthy Recipes for Your Wheat-Free Lifestyle The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes Dairy-Free Ice Cream: 75 Recipes Made Without Eggs, Gluten, Soy, or Refined Sugar Fish: Delicious recipes for fish and shellfish Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners SPOOKtacular Gluten-Free Halloween Desserts: A cookbook of delicious, wheat-free, dairy free, all natural organic recipes that will dazzle your guests at your scary party Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Dr. Seuss's Beginner Book Collection (Cat in the Hat, One Fish Two Fish, Green Eggs and Ham, Hop on Nuts and Berries of New England: Tips And Recipes For Gatherers From Maine To The Adirondacks To Long Island Sound (Nuts and Berries Series) Wheat Belly 30-Minute (Or Less!) Cookbook: 200 Quick and Simple Recipes to Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Betta Fish or Siamese Fighting Fish. Betta Fish Owners Manual. Betta fish care, health, tank, costs and feeding. One Fish, Two Fish, Red Fish, Blue Fish Book & CD (Book and CD) What Pet Should I Get? and One Fish Two Fish Red Fish Blue Fish Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking)

[Dmca](#)