

**Recommended by
leading experts:**

During the past 35 years I've helped thousands of patients with food allergies. They say, "What can I eat and how can I prepare foods for my family?" This is a difficult question, so I'm always searching for ways to help my patients....*Allergy Cooking With Ease* helps people in so many ways. If you or members of your family have food allergies, you'll value this book as a treasured friend.

Dr. William G. Crook
Author of *The Yeast Connection*,
Detecting Your Hidden Allergies,
and more

This a truly comprehensive book that will surely make living with food allergies easier for many people. Besides the breads, pancakes, cookies, cakes, and pie crusts made from half a dozen different flours, Nickie offers her readers creative main dishes, some vegetarian, others using less common meats. She includes many of the little things that make life more pleasant, especially for children. Imagine, wheat-free teething biscuits. You can't read this book without realizing that the author has "been there" herself.

Marjorie Hurt Jones, R.N.
Author of *The Allergy Self-Help
Cookbook*

This book really helped me when my food allergies were so bad that I didn't know what to eat. It introduced me to new foods, gave easy recipes for cooking them, and provided medical insights that helped me improve my health. I highly recommend this book for everyone with food allergies.

Jan Trimble
Food allergy patient

Enjoy Your Food

The third edition of *Allergy Cooking With Ease* grew from the COVID-19 pandemic as well the from coping with food allergies and their effect on our lives. Therefore, this book has two goals: (1) to provide information about how lifestyle and nutritional habits promote natural immunity and (2) to make it easier to cook for food allergies and keep your family happy with what they eat in spite of dietary changes due to allergies.

Allergy Cooking With Ease gives you:

- Information about how to live with food allergies and how to boost immunity with good nutritional and lifestyles practices
- Over 300 easy family-tested recipes made without wheat, milk, eggs, corn, soy, yeast, gluten, grains, and other common food allergens, including main and side dishes, breads, crackers, salads, cookies, desserts and more
- All sugar-free recipes, even for desserts and cookies
- New sweetener alternatives including low glycemic index agave and coconut sugar as well as non-caloric natural sweeteners such as next-generation neutral-tasting stevia and monkfruit extracts
- Many cookie recipes to put enjoyment into children's lunches
- Sources for the special ingredients and foods used in this book, and more

This book provides practical help and encouragement for those who must deal with food allergies on a day-to-day basis. It's for everyone who has food allergies in their family - moms who are trying to keep their children happy on an allergy diet, singles, seniors, or anyone who needs allergy recipes that are satisfying and that they can prepare easily.

Nicolette M. Dumke has been cooking for food allergy and other special diets for over 40 years. She holds B.S. degrees in medical technology and microbiology and is the author of several books including *The Ultimate Food Allergy Cookbook and Survival Guide*, *Beating Macular Degeneration With Nutrition*, *Gluten-Free Without Rice* and more.

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