

**Recommended by  
leading experts:**

During the past 35 years I've helped thousands of patients with food allergies and other types of food sensitivities.... They would say, "What can I eat and how can I prepare foods for my family?" This is a difficult question, so I'm always keeping my mind and eyes open in the search to help my patients.... If you or members of your family are troubled by food allergies or sensitivity intolerances, you'll value this book as a treasured friend.

William G. Crook, M.D.,  
author of *The Yeast Connection*,  
*Detecting Your Hidden Allergies*,  
and many other books

Wonderful! Nickie Dumke has written 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. And she includes many of the little things that make life more pleasant, especially for children. Imagine, wheat-free teething biscuits and homemade candy canes! Clearly, special food can be fun! You can't read this book without realizing that the author has "been there" herself.

Marjorie H. Jones, R.N.,  
author of *The Allergy  
Self-Help Cookbook*

*Allergy Cooking with Ease* is a gem of a book. It incorporates all the key points I've been telling our patients for years! Her book includes something for everybody. She agrees that the diet has to be livable or people won't follow it for long.

Nell Sellers, R.N.  
Colleague of Dr. William G. Crook

# Can you live without wheat, milk, corn, soy, yeast, and eggs?

If you or a family member has food allergies, you may wonder if it is possible to cook, eat, or live without using your problem foods. You might be stuck in the rut of making the same bland meals of plain meat and vegetables day after day. Everyone feels disappointed when they have to give up favorite foods! It can be especially hard for children who feel deprived when they can't eat fun foods like their friends. You need help.

*Allergy Cooking with Ease* gives you:

- An all-purpose cookbook containing over 300 easy family-tested recipes you can make without wheat, milk, eggs, corn, soy, yeast, gluten, grains, and other common food allergens.
- Exciting main dishes including both vegetarian dishes and those made with less allergenic sources of protein. There's even pizza!
- Breads of all kinds, made with yeast or without yeast, plus muffins, pancakes, crackers, hamburger buns, and even grain-free granola.
- Lots of cookies, most of them fruit sweetened, including the ones your kids want to trade for at lunch time: chocolate chip cookies (including a recipe for the chips), "Oreos™" made without wheat, gluten, corn, milk, and more, Christmas cookies, and other family favorites.
- Desserts of all kinds, most of them sugar-free, including cakes, pies, cobblers, and no-fry doughnuts.
- Soups, salads, and vegetables that are not "just plain."
- Sources of commercially prepared foods that you can use on your diet.
- Leads to more information about and help with your food allergies.

This book provides much-needed 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 or with 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 they can cook with easily.

Nicolette Dumke has been cooking for food allergy and other special diets for over 30 years. She holds B.S. degrees in microbiology and medical technology and is the author of several books including

*The Ultimate Food Allergy  
Cookbook and Survival Guide*,  
*Easy Breadmaking for Special  
Diets*, and *Easy Cooking for  
Special Diets*.

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