

# Not Enough Time To Cook?

Do you lack the time that you need to follow a food allergy or celiac diet? Do you feel like you have to live in the kitchen? *Allergy and Celiac Diets with Ease* will help you get out of the kitchen fast but well fed. With this book you will be able to:

- Find commercially prepared foods you can eat
- Search for restaurants that can deal with your special diet and have a safe and pleasant dining-out experience
- Shop easily and stock your kitchen for maximum efficiency
- Make the best use of freezers, appliances and other gadgets
- Do what need to be done in the kitchen in record time
- Use wholesome, nutritious new foods
- Improve your health by consistently and easily staying on your diet

## Recommended by experts:

This book is a treasure! Having it in the kitchen is like having your best friend stop by to chat and share her experiences. Clearly Nickie has been around the block with special diets in her own family and knows what she is talking about. Her ideas and suggestions are both practical (time and energy saving) and creative. I especially liked her section on oven dinners – entrées, side dishes, and even desserts. That’s what I call “getting it together”! The amazing thing is how good everything tastes!

- Marjorie H. Jones, B.S, R.N.  
- Author of *The Allergy Self-Help Cookbook*  
and *The Yeast Connection Cookbook*

With this book you can benefit from Nickie’s vast experience to quickly gain information that it would take years to gather on your own. The sources for commercially prepared foods and many easy recipes should go far to reducing the stress of a difficult diet.

- Ann Fisk, B.S, R.N.  
- Founder of *An Ounce of Prevention*

Nicolette M. Dumke has been cooking for 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*, *Gluten-Free Without Rice*, *Allergy Cooking With Ease*, *Easy Breadmaking for Special Diets*, and *Easy Cooking for Special Diets*.