



Free for All Cooking: 150 Easy Gluten-Free, Allergy-Friendly Recipes the Whole Family Can Enjoy

Jules E. Dowler Shepard

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Millions of people suffer from adverse reactions to food. Whether a food allergy, intolerance, or an autoimmune condition like celiac disease, the jury is in: More and more people are sensitive to something in their diets. Now, parents can rejoice—no longer do they need to prepare different meals for different family members based on individual food sensitivities.

In *Free For All Cooking*, gluten-free cooking expert Jules E. Dowler Shepard offers 125 easy and uncompromisingly delicious recipes that are free of major allergen ingredients, including gluten, dairy, nuts, soy, eggs, and more. Full of kid-friendly meals and desserts plus money-saving strategies, *Free For All Cooking* is an ideal resource for every kitchen.

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