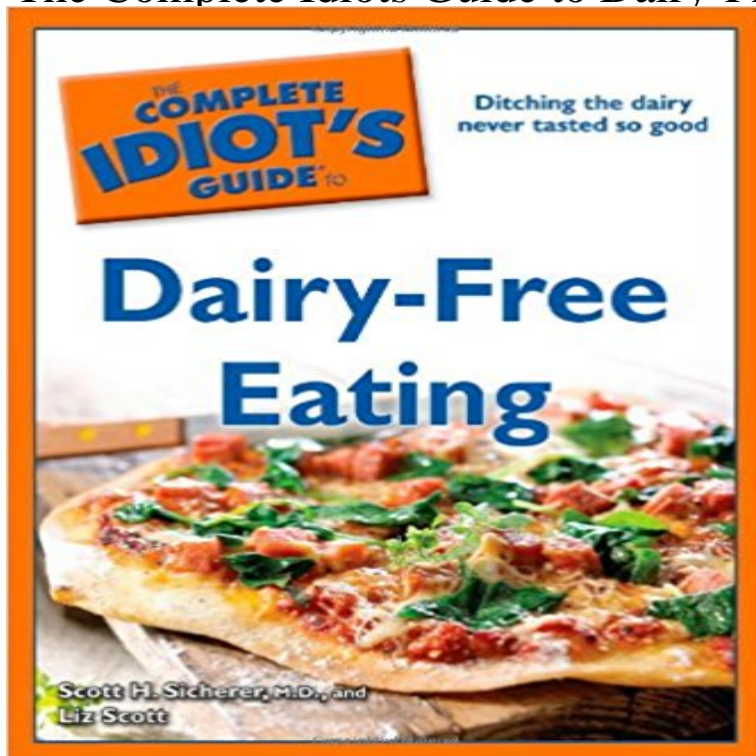


The Complete Idiots Guide to Dairy-Free Eating (Idiots Guides)



Advice from a specialist plus over 200 recipes. For those who are lactose intolerant or have milk sensitivities, the only cure is to avoid dairy products. A unique combination of cookbook and advice book, The Complete Idiots Guide(r) to Dairy-Free Eating provides readers with flavorful and healthy new alternatives that let them enjoy nutritious and delicious dairy-free meals that are sure to become new favorites. *Between 30 and 50 million Americans are lactose intolerant *Contains more than 200 recipes for meals, including desserts and snacks *Provides creative substitutes for dairy ingredients that go well beyond the offerings of competitors books *Tips on reading food labels to find hidden dairy ingredients

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