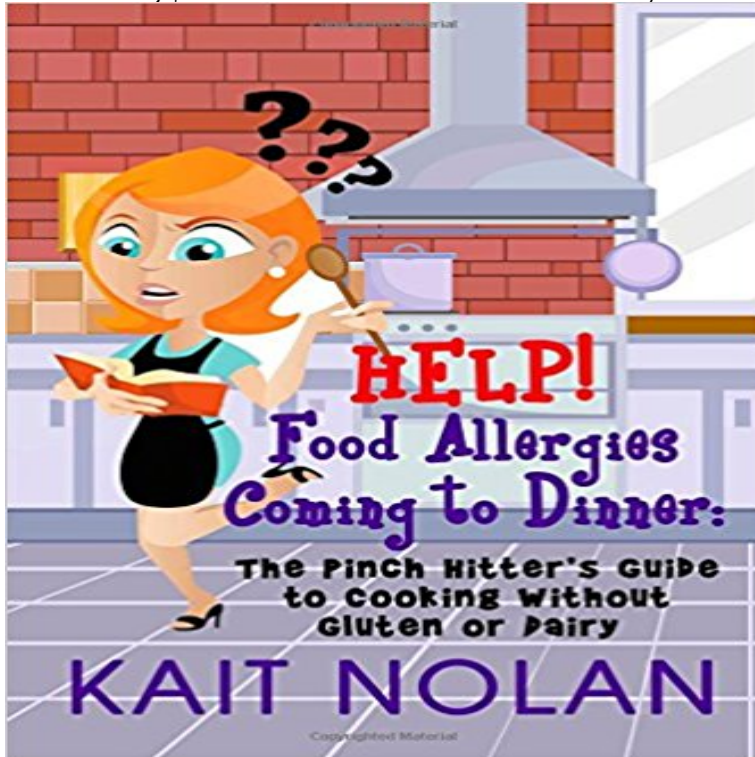


# HELP! Food Allergies Coming To Dinner: The Pinch Hitters Guide To Cooking Without Gluten or Dairy



Your boss is coming to dinner, and you just found out shes allergic to dairy. You love making food for the office, and a co-worker has gone gluten free. Your new sister-in-law is a celiac, and shes coming to the family reunion. You volunteered to bake for your sons class and just found out one of the kids has a milk allergy. You suspect that you might have a food allergy or sensitivity, and you know theres tons of stuff on the internet, but some of it has weird ingredients and you dont have a clue where to start. First of all, dont panic. As someone who has a food allergy, I know how difficult it can be on everybody who doesnt have to deal with it on a daily basis. Its a lot to navigate for anyone, and I cant tell you how much it means to us that you even try to accommodate our special needs. You get an A+ for effort no matter how it turns out. But we can do better than that. Inside youll find a collection of 50 gluten free and dairy free recipes, all made with completely normal ingredients or with simple substitutions, along with some cheat sheets to help you create your own meals that are allergen friendly.

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