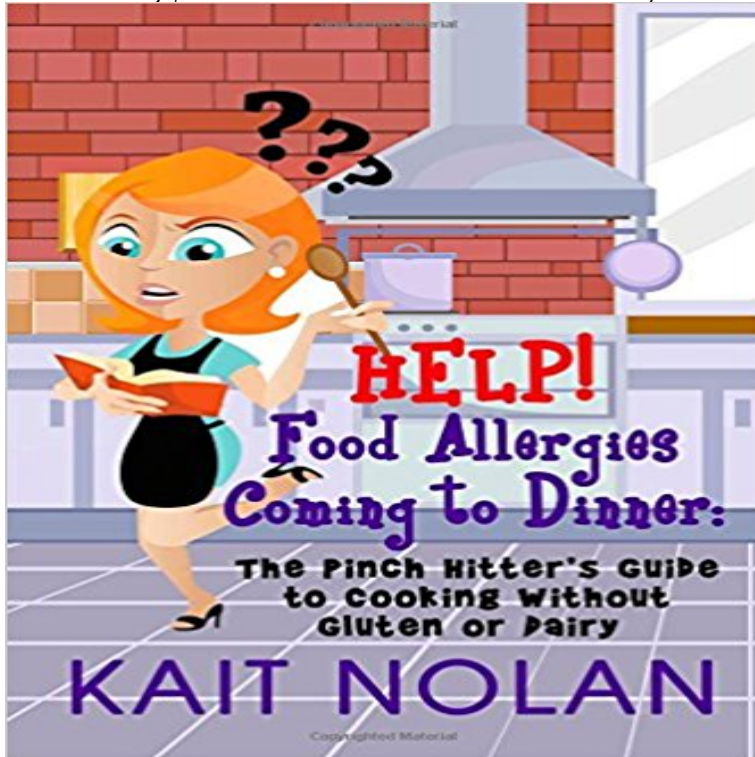


## HELP! Food Allergies Coming To Dinner: The Pinch Hitters Guide To Cooking Without Gluten or Dairy



Your boss is coming to dinner, and you just found out she's 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 she's coming to the family reunion. You volunteered to bake for your son's 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 there's tons of stuff on the internet, but some of it has weird ingredients and you don't have a clue where to start. First of all, don't panic. As someone who has a food allergy, I know how difficult it can be on everybody who doesn't have to deal with it on a daily basis. It's a lot to navigate for anyone, and I can't 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 you'll 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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