

(Read ebook) Dairy Free Diet: The Dairy Free Cookbook Reference for Dairy Free Recipes

Dairy Free Diet: The Dairy Free Cookbook Reference for Dairy Free Recipes

Carla Sanborn

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Carla Sanborn : Dairy Free Diet: The Dairy Free Cookbook Reference for Dairy Free Recipes before purchasing it in order to gauge whether or not it would be worth my time, and all praised Dairy Free Diet: The Dairy Free Cookbook Reference for Dairy Free Recipes:

6 of 6 people found the following review helpful. Recipes use dairy substitutes like soy and rice milk By M.MakI was a bit disappointed with this book. I didn't expect for the recipes to simply replace the dairy items with things like soy or rice milk. I was hoping for another alternative instead. I was also hoping for recipes that just didn't need dairy products

at all but were still healthy and delicious. There are some, but not as many as I'd hoped. I did find some recipes that I will definitely try, like the sweet potato soup, which consists of potatoes, celery, sweet potato, zucchini, and leeks. It sounds delicious and the creaminess will come from the potato and the leeks. I wanted more of that sort of thing. If you're looking for recipes that you can use milk and cheese substitutes with, you're going to be very happy with this book. But if you were hoping for completely different alternatives, you will probably be disappointed. There are a few gems in here still, so it may still be worth having if the price is right for you. I was given a review copy of this book in exchange for an honest review. Please note I have no relationship with this seller, I'm not compensated in any way, and I have no obligation to give any product a favorable (or negative) review. I put a lot of research, time and effort into my reviews, and I sincerely do my best to write reviews that are unbiased and that represent my honest opinion. I give products the rating I feel they deserve based on my experience with the product and compared to other similar products. I do almost all of my shopping online and always read reviews of a product before I purchase, even products I review I purchase because I, or members of my family, have a want or need for and the products will be used. I rely on the reviews of others just as much as you do! I review a lot of products that I don't receive any discounts on and don't show any favoritism when reviewing simply because I paid less than the current price for an item. I wouldn't want to be misled and I certainly would never treat anyone that way, either. Thanks for reading my fine print, and I hope my review has helped you in some way. :)

4 of 4 people found the following review helpful. Great book for those beginning the dairy-free lifestyle! By Jessica Taylor I received this ebook for free in return for an honest review. This is a great book with a lot of useful information about the dairy-free diet, as well as some delicious recipes that I did not expect. It explains the benefits of living dairy free, tips on how to cope if you're a dairy lover, a sample 5 day dairy-free diet plan as well as many recipes for breakfast, lunch, supper, snacks and desserts. I have to eat dairy free because I breastfeed my son and he is allergic. It was very hard at first finding recipes. I realized that almost everything I ate had dairy! This book has a lot of great recipes, some of which are very good! I really loved the pumpkin spice muffins, orange banana berry pancakes, clam chowder, potato soup, Salisbury steak and crunchy oatmeal cookies. There were a few recipes in there that were sort of dairy-free on their own, but it was nice to have it on the list of stuff I can eat. Also, I was a little disappointed to see a couple recipes simply say "dairy-free cheese alternative". I have yet to find one that I liked. However, there was a recipe in there for lasagna, which I thought was absolutely impossible to eat without dairy, but it was amazing! It had zucchini, onion, carrot, parsley, and a few other ingredients - no cheese alternative. Not only was it delicious, but pretty healthy too. Even my two year old ate it up. :) My best friend can't have dairy either and she is about to have a baby next week. I have been prepping dairy-free meals for her and this book has been a BIG help since I just started eating dairy-free myself a couple of months ago. This is a great ebook to have because you can look at the "table of contents" and the recipes are sorted out by breakfast, lunch/supper, desserts snacks. You simply click on a recipe that looks good, and it takes you straight there. Very simple to use my tablet in the kitchen when preparing meals.

2 of 2 people found the following review helpful. I wanted to love this book By Rebecca XI wanted to love this book, I really did. I am vegan and always looking for creative ideas and was excited to read the title. I probably should have researched it a little more first, but with a price tag of \$0 for the Kindle version, how could I resist? Let's start with the positive: there are some very yummy recipes in here, particularly in the desserts section. The negatives: the grammar and spelling is less than stellar ("dairy" is spelled "diary" multiple times - did no one proof-read?) and the language is somewhat basic. There is a section titled "Even Children Will Love These Recipes" and then five pages later is a section titled "Kids Can Enjoy Dairy Free Diet Too." A little repetitive. All things I can live with. The problem with this book is that many of these items wouldn't be using dairy anyway (applesauce, granola, chicken noodle soup), and for the ones that would be using dairy, they just swap out "soy milk" for "milk." I already knew that! So I don't feel like it is bringing much that is NEW to the table. And ... aside from the breakfast and dessert dishes, there are only a handful of recipes that are vegan-friendly or could easily be converted to vegan recipes (i.e. swapping out "beef broth" for "vegetable broth"). I really think they could have done more to make a dairy-free book more appealing to a significant sized group of non-dairy eaters. Even if many of the recipes included meat or eggs, maybe they could have suggested alternatives. Overall, I did get a couple of ideas out of it and appreciate the efforts of those who wrote the book. Disclaimer: I received this book at a discounted price in exchange for an honest review.

Dairy Free Diet: The Dairy Free Cookbook Reference for Dairy Free Recipes Finally, here is a book that has all dairy free recipes for those who are on the dairy free diet for health reasons or by choice. The recipes in this book are good for dairy free diet for kids as well. Perhaps you are on a dairy free diet weight loss plan or maybe you are on a milk free diet due to lactose intolerance. Whatever the reason, enjoy the collections for a dairy free diet plan contained within the pages of this recipe book. You will find recipes good for breakfast, lunch and supper as well as snacks and desserts. Even recipes you may not believe are dairy free such as Mac and Cheese and Lasagna. While you can easily find dairy free yogurt and dairy free butter, at most health food stores you still need recipes that create entire meals without the use of any dairy products. Some of the recipes here call for cheese substitute and milk substitute with soy milk, rice milk and almond milk. This diet need not make you feel as if you have to go without; instead, it takes

everyday meals and creates them using other foods aside from dairy. A section in the beginning covers dairy free diet benefits, which are many. There is also a dairy free food list for your convenience and a sample diet plan. Some of the recipes include sandwiches, soups, and main courses. Enjoy delicious chicken recipes along with pancakes, muffins, salads, chowders, creamy recipes like cream soups (without using dairy!) and even desserts. Some of the recipes are good for vegans too, though several do call for meats such as ground beef, bacon, ham, chicken, and turkey. It is easy to come up with a good meal plan using the recipes within this dairy free recipe book.