



# Allergy Cooking with Ease: The No Wheat, Milk, Eggs, Corn, and Soy Cookbook

*Nicolette M. Dumke*

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**Allergy Cooking with Ease: The No Wheat, Milk, Eggs, Corn, and Soy Cookbook** Nicolette M. Dumke  
Allergy Cooking With Ease (Revised Edition) - This classic all-purpose allergy cookbook was out of print and now is making a comeback in a revised edition. It includes all the old favorite recipes of the first edition plus many new recipes and new foods. With over 300 recipes for baked goods, main dishes (even comfort foods), soups, salads, vegetables, ethnic dishes, desserts (lots of cookies), and more, it will help you make living with your food allergies easy and put some fun back into your diet. Informational sections of the book are also totally updated, including the extensive "Sources" section.

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