

# [PDF] Allergy-Free And Easy Cooking: 30-Minute Meals Without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Fish, Shellfish, And Sesame

Cybele Pascal - pdf download free book

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**Books Details:**

Title: Allergy-Free and Easy Cooking

Author: Cybele Pascal

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## **Description:**

**A collection of 75 completely allergen-free recipes ready in 30 minutes or less, perfect for food allergic kids and busy professionals who need to get meals on the table swiftly.**

With her acclaimed cookbooks and loyal following, Cybele Pascal has been pioneering allergy-friendly cooking for more than a decade. As the mother of two kids with food allergies, Pascal knows the value of weeknight-friendly allergy-free recipes that can be prepped and on the table in half an hour without sacrificing flavor or texture. Through adept ingredient substitutions and easy-to-follow techniques, Pascal excels at providing enticing recipes that steer clear of the top eight allergens and appeal to home cooks who need to avoid dairy, eggs, wheat, soy, peanuts, tree nuts, fish, shellfish, and sesame.

Pascal's allergy-friendly versions of favorites like Creamy Mac 'n' "Cheese," Buffalo Wings with Ranch Dressing, Chicken Mole Soft Tacos, Gnocchi, Deep Dish Pizza with Italian Sausage, and Beef and Broccoli Stir-Fry have all the appeal of the originals, and are perfect for food allergic kids and busy professionals. *Allergy-Free and Easy Cooking* is a delightful solution that will help you get flavorful, safe meals on the table swiftly.

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