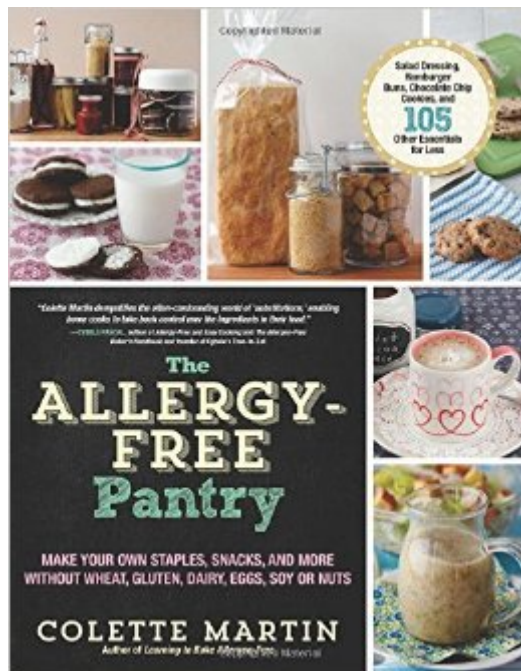


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# The Allergy-Free Pantry: Make Your Own Staples, Snacks, And More Without Wheat, Gluten, Dairy, Eggs, Soy Or Nuts



## Synopsis

Make your own affordable, delicious, and allergy-free staples, snacks, and meals! After the cupboards are cleared of problem foods, most people coping with new food allergies (their own or their kids's™) are missing staples they have relied on for years. And even though stores are stocking more allergen-free brands, shoppers with severe or multiple allergies can read every label and still strike out—especially if they're after a particular craving or on a budget. The good news for the 15 million Americans with food allergies is that classic treats and pantry staples can be made easily and affordably at home. From Colette Martin, the author of *Learning to Bake Allergen-Free*, comes *The Allergy-Free Pantry*—with over 100 recipes free of gluten and the top eight allergens (milk, eggs, peanuts, tree nuts, soy, wheat, fish, and shellfish), for:

- Basic staples (flour blends, non-dairy milks, egg replacers, Sandwich Bread, Biscuits, Strawberry Jam, Sunflower Seed Butter)
- Condiments and salad dressings (Flaxseed Mayonnaise, Ketchup, Ranch Dressing, Barbeque Sauce)
- Breakfast (Pancakes, Honey Blueberry Granola, Apple Oatmeal Scones)
- Crackers and cookies (Flax Crackers, Pita Chips, Chocolate Chip Cookies, Snickerdoodles)
- Pasta, pizza, and freezer meals (Spinach Pasta, Cheesy Sauce, Shepherd's™ Pie, Meatloaf)
- Desserts (Brownie Bites, Chocolate Pudding, Raspberry Fruit Roll Ups, Caramel Sauce)

Full-color photographs of every recipe and simple instructions (no advanced kitchen skills required!) make this a must-have guide to allergy-free home cooking. Refill your cupboards, and reclaim peace of mind!

## Book Information

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## Customer Reviews

Full disclosure: Colette has become my friend through the past few years and I was given a review

copy of this book and was able to give away a review copy on my blog. Even so, I also bought my own copy when this was first open to pre-orders because I knew it would be worth owning (the advance review copy doesn't have cross referencing of pages, etc. so I needed a final copy of my own!). On to the review! This book promises to cover pantry (and fridge, by association) staples and it really does. From ketchup, mayonnaise, and dressings to toaster pastries, crackers, and more. I find that since allergy friendly ingredients are expensive, what I need to know from a cookbook review is if the measurements, flavors, and results bear out. I can say resoundingly that if Colette suggests an ingredient (or a substitution, depending on your allergy circumstances) then she has tried it again and again to make sure it will turn out for you. My first recipe that I tried from the book was the buttery spread. Following Colette's tips on emulsion carefully, I was amazed at the creamy, "buttery," results. My children enjoyed the buttery spread and we used the portion called for in the recipe well before the 2 week recommended "use by" note. The notes are really a strong point in this book - you're not just getting recipes, you're getting guidance. Colette has a note I never considered, which was when baking gluten free you should put cupcake wrappers on baked goods after baking instead of baking them in the papers because you don't want the moisture to weigh it down. I followed her advice and my chocolate wheat free cupcakes were much better than they'd been in the past!

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