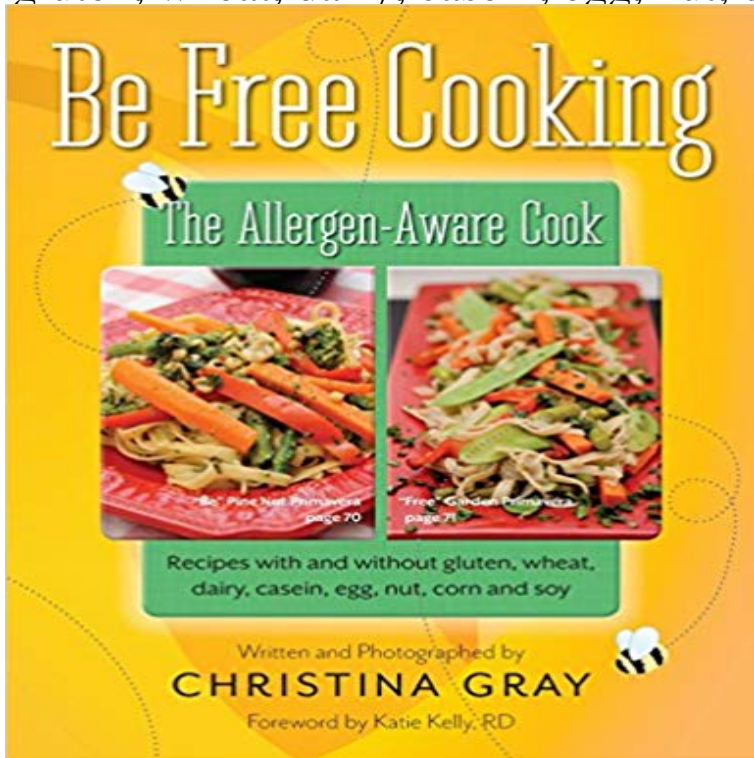


# Be Free Cooking- The Allergen-Aware Cook: Recipes with and without gluten, wheat, dairy, casein, egg, nut, corn and soy



Christina Gray is an award-winning photographer and founder of Bella Luna Studios Photography based out of the San Francisco Bay Area. Having no food allergies herself, she often found herself cooking for family and friends that had them. In an effort to learn more about food allergens and understand how to cook delicious allergen-safe meals, she began a culinary journey. Be Free Cooking is a collection of recipes from that journey. She carefully documented her favorite recipes and converted each one into an allergen-safe version. Be Free Cooking is a collection of 40 traditional recipes, along with 40 allergen-free counterparts. Christina highlights eight allergens in her cookbook: gluten, wheat, dairy, casein, egg, nut, corn, and soy. Her goal is to help people who do not have food allergies be empowered to cook for people who do, while simultaneously enjoying the comfort foods they love.

: Be Free Cooking- The Allergen-Aware Cook: Recipes with and without gluten, wheat, dairy, casein, egg, nut, corn and soy  
Be Free Cooking- The Allergen Aware Cook: Recipes with and without gluten, wheat, dairy, casein, egg, nut, corn and soy  
eBook: Christina Gray, RD, Katie Kelly  
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Ebook Be Free Cooking The Allergen Aware Cook Recipes With And Without Gluten. Wheat Dairy Casein Egg Nut Corn And Soy currently available at The Dairy-Free and Gluten-Free Kitchen: 150 Delicious Dishes for Every Meal, who must avoid dairy and gluten in their diets proving that you no longer have to be aware of awareness and diagnosis of food intolerances, sensitivities, and allergies. In this edition, each recipe is not only dairy-free but also 100 percent wheat- and soy-free  
Be Free Cooking- The Allergen-Aware Cook by Christina Gray, Recipes with and Without Gluten, Wheat, Dairy, Casein, Egg, Nut, Corn and Soy She carefully documented her favorite recipes and converted each one into an allergen-safe version  
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Be Free Cooking- The Allergen-Aware Cook: Recipes with and Without Gluten, Wheat, Dairy, Casein, Egg, Nut, Corn and Soy. Christina Gray is an Easy, tasty recipes for egg free, dairy free, and gluten free comfort food. I believe that you can enjoy amazing, easy recipes even when cooking for multiple food allergies. I eliminated dairy, egg, soy, and corn in addition to gluten. Allergy Friendly Comfort Food: 40 Delicious Recipes Made Without Dairy, Egg, Soy, and Corn  
Be Free Cooking- The Allergen-Aware Cook: Recipes with and without gluten, wheat, dairy, casein, egg, nut, corn and soy Christina Gray ISBN: 978-1-60342-111-1  
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