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Eat Dairy Free is the cookbook you've been craving to enjoy a dairy-free diet without special substitutes. Alisa Fleming, author of the bestselling dairy-free guide and cookbook Go Dairy Free , shares more than 100 recipes for satisfying yet nutritious dairy-free breakfasts, lunches, dinners, snacks, and healthier desserts that use regular ingredients.

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Eat Dairy Free offers a basic template on making your own nut milk but eschews conventional wisdom of soaking your nuts and seeds overnight. The book is pretty heavy on Saccharomyces cerevisiae, or nutritional yeast, which isn't a great op Thanks to NetGalley and the publisher for an advance review copy of this book.

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Eat Dairy Free is the cookbook you've been craving to enjoy a dairy-free diet without special substitutes. It contains more than 100 recipes for satisfying yet nutritious dairy-free breakfasts, lunches, dinners, snacks, and healthier desserts that use regular ingredients. Completely free of milk-based ingredients, including casein, whey, and lactose, these recipes are safe for those with milk allergies and other dairy-related health issues.

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Eat Dairy Free is the cookbook you've been craving to enjoy a dairy-free diet without special substitutes. Alisa Fleming, author of the bestselling dairy-free guide and cookbook Go Dairy Free, shares more than 100 recipes for satisfying yet nutritious dairy-free breakfasts, lunches, dinners, snacks, and healthier desserts that use regular ingredients.

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Unsweetened calcium-fortified dairy alternatives like soya milks, soya yoghurts and soya cheeses also count as part of this food group and can make good alternatives to dairy products. To make healthier choices, go for lower fat and lower sugar options.

Dairy and alternatives in your diet - Eat well - NHS

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Alisa is the founder of GoDairyFree.org, Food Editor for Allergic Living magazine, and author of the best-selling dairy-free book, Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living, and the new cookbook, Eat Dairy Free: Your Essential Cookbook for Everyday Meals, Snacks, and Sweets. Alisa is also a professional recipe creator and product ambassador for the natural food industry.

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