



**No Wheat No Dairy No Problem: Delicious recipes
for people with food allergies/sensitivity and
everyone who is looking for healthy alternatives.
The cookbook I wish I had!**

Lauren Hoover

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Main Ingredients: agave nectar, oat flour, almond/rice/coconut milk, olive oil "Lauren has put together a very informative and appealing book that anyone who loves creative, healthy cuisine will love whether you can or cannot do wheat and dairy. A broad range of recipes from simple and earthy to sexy and decadent!" ERIC TUCKER EXECUTIVE CHEF OF MILLENNIUM RESTAURANT

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