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Living Dairy-Free For Dummies Suzanne Havala Hobbs, 2010-08-06 Whatever the reason for not eating dairy Living Dairy Free For Dummies provides readers with the most up to date information on a dairy free diet and lifestyle and will empower them to thrive without dairy while still getting the calcium vitamin D and nutritional benefits commonly associated with dairy products Living Dairy Free For Dummies Is a lifestyle manual going beyond just recipes to present a full nutritional evaluation of what dairy free life is like Contains more than 50 dairy free recipes along with how to set up a dairy free kitchen and tips for eating out and remaining dairy free Presents alternatives to dairy so readers can continue getting the nutritional value and tastes of dairy without the side effects Get the Trans Fat Out Suzanne Havala Hobbs, 2010-02-17 Discover the Dangers of Trans Fat and Learn How to Avoid It The media and health professionals are loudly proclaiming the health risks of trans fat because even the smallest amounts in your diet can raise your risk of heart disease and other health conditions But trans fats especially from partially hydrogenated oils are found everywhere From the grocery store shelves to restaurant menus trans fat works its way into the foods we eat and jeopardizes our health Get the Trans Fat Out shows you how you can identify and avoid these damaging fats without sacrificing taste or convenience Inside you ll find all the information you need to protect you and your family from trans fat including Key health and nutrition information on the risks of trans fat Tips on grocery shopping for healthy products Delicious recipes with zero trans fat Information on how to stay healthy when eating at restaurants A complete easy to understand guide to the trans fat content of many common products and menu items from fast food chains For every health conscious consumer Get the Trans Fat Out is the definitive resource to living trans fat free The Natural Kitchen Suzanne Havala, Suzanne Havala Hobbs, 2000 This handy and concise beginner's quide to natural foods features nutritional information product descriptions buying and storage suggestions and cooking tips for brand name natural foods soy milks beans baking supplies tofu grains natural ethnic foods and much more

The Complete Guide to Vegan Food Substitutions Celine Steen, Joni Marie Newman, 2010-12-01 It reveals exactly how to replace any ingredient in any recipe The results aren t just stellar they re even better than the real thing Rory Freedman 1 New York Times bestselling author of Skinny Bitch The Complete Guide to Vegan Food Substitutions is your secret weapon to turning any recipe imaginable into a deliciously veganized success no guesswork or hard labor involved And no more kitchen failures or recipe flops either Simply look up whatever non vegan ingredient you want to sub out and expert author team Celine Steen and Joni Marie Newman will explain exactly what substitution is best to use and how to make it without compromising taste or flavor so you ll create dishes that are not only better than the real thing but healthier too With more than 200 recipes and substitutions that show the swaps in action you ll find step by step instructions for replacing everything from butter and bacon to gelatin and gouda You ll also find healthy substitutions for replacing things like gluten sugar and fat so you can fine tune any recipe to your dietary needs You and your family and friends will be amazed and delighted with

these and more plant based dishes Eggs Benedict with Ham Western Bacon Cheeseburgers Indian Spiced Pumpkin Gratin Cheesy Chicken Casserole Fish y Sticks with Tartar Sauce Walnut Chocolate Brownies Vanilla Latte Ice Cream Stunning photography and easy to follow charts appear in every chapter making it a cinch to dip in and out whenever you need a quick reference or recipe If you ve always wanted to turn your aunt's famous mac and cheese into a veganized taste sensation or your grandma's buttermilk pie into a rousing reinvented success this guide is the solution you ve been looking for Complete Guide to Naturally Gluten-Free Foods Olivia Dupin, 2013-01-01 Whether you live gluten free due to a wheat intolerance or digestive disorder or because you re simply looking to eat healthier and lose weight The Complete Guide to Naturally Gluten Free Foods is your one stop reference to going g free naturally and effectively Part 1 shows you how to begin a gluten free diet with ease with information on everything from how to shop for naturally gluten free ingredients many of which you re probably already familiar to what to look out for at restaurants and in packaged foods to how to stock your pantry with the best and healthiest staples You ll also learn the keys to following a balanced gluten free diet so that you can be sure you re getting all the fiber and nutrients you need to be your healthiest Part 2 includes 100 delicious recipes you can make with ingredients you d find in any supermarket no scary foreign sounding fillers or other products included From classic home style dishes like BBQ Pulled Pork and Soft Tacos to new favorites like Quinoa Pilaf with Roasted Root Vegetables and Chocolate Chip Meringue Cookies you ll find countless meals to fit your time budget and tastes With The Complete Guide to Naturally Gluten Free Foods going g free has never been easier or more delicious Home Preserving: Canning, Jam, Pickles & More Julian Rowe, 2025-08-19 Imagine Opening a Jar of Summer Sunshine in the Dead of Winter The sweet perfection of homemade strawberry jam on your morning toast The crisp satisfying snap of a dill pickle you made yourself The rich vibrant flavor of your garden tomatoes perfectly preserved and ready for a delicious sauce In a world of rising food costs and concern about hidden ingredients the timeless art of home preserving is more valuable than ever It's the ultimate way to reduce food waste know exactly what your family is eating and capture the pure honest flavor of food at its absolute peak But the process can seem intimidating until now Introducing the Complete Guide to Home Preserving your single trusted and easy to follow resource for safely and confidently mastering the art of preserving This isn t just a collection of recipes it s a comprehensive step by step manual that will turn your kitchen into a haven of delicious self sufficient goodness Inside this indispensable guide you will master The Art of Canning Safely Demystify both water bath and pressure canning with crystal clear illustrated instructions and up to date safety protocols that eliminate all the guesswork and fear Perfect Jams Jellies Spreads Learn the science behind achieving the perfect set every single time Unlock dozens of tested recipes for sweet jams savory chutneys and rich fruit butters that will elevate any meal Crisp Flavorful Pickles Ferments Say goodbye to soggy store bought pickles Discover the secrets to creating perfectly crisp and tangy pickles from classic dills to spicy pickled asparagus plus an introduction to gut healthy ferments like sauerkraut Beyond the Jar The More

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