# Cookbooks



#### **Corn Free**

Corn Free Cookbook and Survival Guide- For The Corn Intolerant and Corn Allergic.
 Author: Merelee Knott Laurel Lee Steele

#### Gluten Free

- Allergy and Celiac Diets with Ease Money and Time Saving Solutions for Food Allergy and Gluten-Free Diets. Author: Nicolette M. Dumke
- 1,000 Gluten Free Recipes. Author: Carol Fenster
- Gluten Free Everyday Cookbook: More than 100 Easy and Delicious Recipes from the Gluten Free Chef. Author: Robert Landolphi.
- Gluten-Free Quick & Easy: From Prep to Plate Without the Fuss 200+ Recipes for People with Food Sensitivities. Author: <u>Carol Fenster</u>
- You Won't Believe its gluten Free: 500 delicious, Foolproof Recipes for Healthy Living.
  Author: Roben Ryberg
- The Gluten Free, Almond Flour Cookbook: Breakfasts, Entrée, and More. Author: Elana Amsterdam (Found at <a href="http://barnesandnoble.com">http://barnesandnoble.com</a>)
- The Gluten-Free Good Health Cookbook: The Delicious Way to Strengthen Your Immune System and Neutralize Inflammation. Author: <u>Annalise G. Roberts</u>, <u>Claudia</u> <u>Pillow</u> (Found at <a href="http://barnesandnoble.com">http://barnesandnoble.com</a>)
- Wheat- Free, Worry-Free: The Art of Happy, Healthy, Gluten Free Living. Author: Danna Korn
- Healthier Without Wheat: A New Understanding of Wheat Allergies, Celiac Disease, and Non- Celiac Gluten Intolerance. Author: Stephen Wangen M.D.
- Gluten-Free Cooking. Author: Betty Crocker
- The Gluten-Free Bible. Author: Tate Hunt
- Weeknight Gluten Free: Simple, healthy meals for every night of the week. Author: Kristine Kidd
- The Big Book of Gluten Free Cooking: Delicious Meals, Breads, and Sweets for a Happy, Healthy Gluten-Free Life. Author: Gigi Stewart
- The Easy Gluten-Free Cookbook: Fast and Fuss-Free Recipes for Busy People on a Gluten-Free Diet. Author: Lindsay Garza
- Danielle Walker's Against All Grain: Meals Made Simple: Gluten-free, Dairy-free, and Paleo Recipes to Make Anytime. Author: Danielle Walker
- The Gluten Free Cookbook for Families: Healthy Recipes in 30 Minutes or Less. Author: Pamela Ellegen

#### **Peanut Free**

- The Peanut Allergy Answer Book. Author: Michael C. Young M.D.
- Children's Allergy Free Recipes: No Peanuts, Tree-Nuts or Eggs Used In These Family Recipes. Author: Lora Cipriano
- No Peanuts, No Problem!: Easy and Delicious Nut-Free Recipes for Kids with Allergies.
  Author: Katrina Jorgensen

#### Milk Free

- Vegan Cookies Invade your Cookie Jar: 100 Dairy Free Recipes for Everyone's Favorite
  Treats. Authors: Isa Chandra Moskowitz and Terry Hope Romero
- Vegan Cupcakes take over the world: 75 Dairy Free Recipes for Cupcakes that Rule.
  Authors: Isa Chandra Moskowitz and Terry Hope Romero
- Vegan Pie in the Sky: 75 Out-of-This-World Recipes for Pies, Tarts, Cobblers and More.
  Authors: Isa Chandra Moskowitz and Terry Hope Romero

# Milk and Egg Free

- Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerances, and Casein Free Living. Author: <u>Alisa Marie Fleming</u>
- Amazing Dairy-Free Desserts. Author: Penny Wantuck Eisenberg
- Bakin' Without Eggs: Delicious Egg- Free Dessert Recipes from the Heart and Kitchen of a Food- Allergic Family. Author: Rosemarie Emro and Kevin Emro.
- Dairy Free, Egg Free Kid Pleasing Recipes and Tips. Author: <u>Theresa Kingma</u>
- Complete Allergy-Free Comfort Foods Cookbook: Every Recipe is Free Of Gluten, Dairy, Soy, Nuts And Eggs. Author: Elizabeth Gordon

#### Milk and Gluten Free

- The Intolerant Family Cookbook Gluten-Free Dairy Free Family Friendly Food. Authors: Ellen Fitzsimmons & Molly Lepeska (Can only be found at <a href="http://www.glutenfreemall.com">http://www.glutenfreemall.com</a>)
- Cooking for Isaiah: Gluten-Free & Dairy-Free Recipes for Easy Delicious Meals. Author:
  Silvana Nardone and Rachael Ray
- Gluten-Free & Dairy-Free for the Frugal and Lazy Cook: Healthy Eating-Eating for Life.
  Author: Heather Demeritte
- Gluten, Wheat and Dairy Free Cookbook. Author: Antoinette Savill
- The Pure Kitchen: Clear the Clutter from Your Cooking with 100 Gluten-Free, Dairy-Free Recipes. Author: Hallie Klecker
- Mastering Your Gluten- And Dairy-Free Kitchen: Easy Recipes, Chef's Tips, and the Best Products for Your Pantry. Author: Chef Einat Mazor
- The Dairy-Free & Gluten-Free Kitchen Author: Denise Jardine
- The Intolerant Gourmet: Glorious Food without Gluten and Lactose. Author: Barbara Kafka

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- The Eat Well Cookbook: Dairy-Free and Gluten-Free Recipes for Food Lovers. Author: Jan Purser and Kathy Snowball
- Bake Deliciously! Gluten and Dairy Free Cookbook. Author: Jean Duane
- The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes. Author: Tammy Credicott

#### Milk and Wheat Free

- No Wheat No Dairy No Problem: Delicious recipes for people with food allergies
  Sensitivity and Everyone who is Looking for Healthy Alternatives. Author: Lauren Hoover
- The Wheat- and Dairy-Free Cookbook. Author: Terence Stamp and Elizabeth Buxton
- Gluten-Free, Wheat-Free & Dairy-Free Recipes: More Than 100 Mouth-Watering Recipes for the Whole Family. Author: <u>Grace Cheetham</u> (Found at <a href="http://barnesandnoble.com">http://barnesandnoble.com</a>)
- The Gluten, Wheat and Dairy Free Cookbook. Author: Nicola Graimes

## Milk, Egg, and Nut Free

- The Food Allergy Mama's Baking Book: Great Dairy-, Egg-, and Nut-Free Treats for the Whole Family. Author: Kelly Rudnicki (Found at http://barnesandnoble.com)
- What's to Eat? The Milk-Free, Egg-Free, Nut-Free Food Allergy Cookbook. Author:
  Linda Marienhoff Coss
- What Else is to Eat? The Dairy-, Egg-, and Nut-Free Food Allergy Cookbook. Author: Linda Marienhoff Coss
- The Egg, Dairy and Nut Free Cookbook. Author: Donna Beckwith
- Allergy Free for All Ages: Milk-Free, Egg-Free, Nut-Free Recipes. Author: Penny L. Webster
- Allergy Proof Recipes for Kids. Author: Leslie Hammond and Lynne Marie Rominger

## Milk, Wheat and Soy Free

- Food Allergy Cookbook. Author: Lucinda Bruce-Gardyne.
- The Yummi Cookbook: Delicious, Healthy, Affordable Meals: without Meat, Dairy, Wheat or Soy and Nut Free! Author: Nathalie Thandiwe
- Allergy-Free and Easy Cooking: 30-Minute Meals without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Fish, Shellfish, and Sesame. Author: Cybele Pascal

### Eggs, Milk and Nuts

- What Else is to Eat? Author: Linda Marienhoff Coss. (Can only be found at: <a href="http://www.foodallergycookbook.com/">http://www.foodallergycookbook.com/</a>)
- The Egg, Dairy and Nut Free Cookbook. Author: Donna Beckwith
- Learning to Bake Allergen-Free: A Crash Course for Busy Parents on Baking without Wheat, Gluten, Dairy, Eggs, Soy or Nuts. Authors: Colette Martin and Stephen Wangen

## Gluten, Nut and Casein Free

- The Super Allergy Girl: Gluten Free, Casein Free, Nut Free Allergy and Gluten Free Cookbook. Author: Lisa A. Lundy (Can only be found at: http://www.thesuperallergycookbook.com/buycookbook.html)
- Celeste's Best Gluten-Free, Allergen-Free Recipes: Over 250 Recipes Free of Gluten, Wheat, Dairy, Casein, Soy, Corn, Nuts and Yeast. Author: Celeste Clevenger

# Milk, Egg and Wheat Free (Not all recipes are Gluten Free)

- Vegan Cookies Invade your Cookie Jar: 100 Dairy Free Recipes for Everyone's Favorite
  Treat Authors: Isa Chandra Moskowitz and Terry Hope Romero
- The Egg-Free, Milk-Free, Wheat-Free Cookbook. Author: Becky Hamrich and S.L. Wiesenfeld
- The Allergy-Free Cook Bakes Bread: Gluten-Free, Dairy-Free, Egg-Free. Author: Laurie Sadowski
- So, What Can I Eat Now?!: Living Without Dairy, Soy, Eggs, and Wheat. Author: Rhonda Peters

# Milk, Gluten, and Egg Free

- Cooking Free: 220 Flavorful Recipes for People with Food Allergies and Multiple Sensitivities. Author: Carol Fenster (Can be Found at Barnes and Noble Book Stores)
- Special Foods for Special Kids: Practical Solutions, and Great Recipes for Children With Food Allergies. Author: Todd Adelman and Jodi Behrend
- Paleo Cooking from Elana's Pantry: Gluten-Free, Grain-Free, Dairy-Free Recipes.
  Author: Elana Amsterdam

### Milk, Gluten and Wheat Free

- The Gluten, Wheat, and Dairy Free Cookbook. Author: Nicola Graimes
- Gluten, Wheat, and Dairy Free Cookbook. Author: Antoinette Savill
- Gluten, Wheat & Dairy Free. Author: Parragon Books

## Wheat, Egg, Milk, Nut and Soy Free

- The Food Allergy News Cookbook: A collection of recipes from Food Allergy News and Members of the Food Allergy network. Author: Anne Munoz-Furlong
- The Everything Food Allergy Cookbook. Author: Linda Larsen

## Milk, Gluten, Wheat, Egg and Nut Free

- The Kid-Friendly Food Allergy Cookbook: More than 150 Recipes that are Wheat free, Gluten free, Dairy free, Nut free and Egg free. Authors: Leslie Hammond and Lynne Marie Rominger.
- The Child-Friendly Food Allergy Cookbook: more than 150 recipes that are: wheat free, nut free, gluten free, egg free and dairy free. Author: Leslie Hammond and Lynn Rominger
- The Allergy Free Cookbook: Dairy Free, Gluten free, Wheat Free, Egg Free. Author: Michelle Berriedale-Johnson
- Allergy Proof Recipes for Kids: More Than 150 Recipes That Are All Wheat-Free, Gluten-Free, Nut-Free, Egg-Free, Dairy-Free and Low in Sugar. Authors: Leslie Hammond, Lynne Marie Rominger, Kevin A. Tracy
- Allergy-Free. Author: Alice Sherwood (Found at <a href="http://barnesandnoble.com">http://barnesandnoble.com</a>)
- Allergy-Free and Easy Cooking: 30- Minute Meals without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Fish, Shellfish, and Sesame. Author: Cybele Pascal

# Milk, Gluten, Wheat, Egg, Peanuts, and Soy Free

- I Love Dessert but NOT Sugar, Wheat, Milk, Gluten, Corn, Soy, Unhealthy Fat... Author:
  Nicolette M Dumke
- The Total Food Allergy Health and Diet Guide: Includes 150 Recipes for Managing Food Allergies and Intolerances by Eliminating Common Allergens and Gluten. Authors: Alexandra Anca, Gordon Sussman
- Yummy Yum for Everyone. Author: Denise McCabe

# Free From the Top 8 Most Common Food Allergies

- The Everything Food Allergy Cookbook: Prepare easy-to-make Meals—without nuts, milk, wheat, eggs, fish, or soy. Author: Linda Larsen
- Allergy Free For the Family Cookbook: Over 100 recipes without milk, eggs, peanuts, tree nuts, wheat, fish, shellfish and many gluten free recipes. Author: Brianna Rose Monson
- The allergy Self-Help Cookbook. Author: Marjorie Hurt Jones
- Sophie- Safe Cooking: A Collection of Family Friendly Recipes That Are Free of Milk, Wheat, Soy, Eggs, Peanuts, Tree Nuts, Fish, and Shellfish. Author: Emily Hendrix
- Allergy Cooking With Ease: The No Wheat, Milk, Eggs, Corn, Soy, Yeast, Grain, and Gluten Cookbook. Author: Nicolette M. Dumke
- The Allergen-Free Baker's Handbook. Author: Cybele Pascal
- 8 Degrees of Ingredients. Author: Melissa Priem.
- The Allergy Free Cookbook: How to avoid the Eight Major Food Allergies and Eat Happily Ever After. Author: Eileen Rhude Yoder

- The Ultimate Food Allergy Cookbook and Survival Guide: How to Cook with Ease for food allergies and Recover Good Health. Author: Nicolette M. Dumke
- What to Eat When You Can't Eat Anything: The Complete Allergy Cookbook. Author: Chupi Sweetman and Luke Sweetman and Patricia Quinn
- Kitchen Garden Cookbook. Author: Steve Meyerowitz
- Food Allergies For Dummies. Author: Robert A Wood MD, and Joe Kraynak
- Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens. Author: Marjorie Hurt Jones (Found at http://barnesandnoble.com)
- My Kid's Allergic to Everything Dessert Cookbook: Sweets and Treats the Whole Family Will Enjoy. Authors: Mary Harris, Wilma Nachsin
- Extreme Cooking for Exceptional Diets. Authors: American Partnership for Eosinophilic Disorders (Found at <a href="http://apfed.org/store.htm">http://apfed.org/store.htm</a>)
- Let's Eat out With Celiac/Coeliac & Food Allergies! A Timeless Reference to Special Diets. Authors: Kim Koeller and Robert La France
- The Whole Foods Allergy Cookbook: Two hundred Gourmet and Homestyle Recipes for the Food Allergic Family. Author: Cybele Pascal
- Complete Allergy-Free Comfort Foods Cookbook: Every Recipe is Free of Gluten, Dairy, Soy, Nuts, And Eggs. Author: Elizabeth Gorden
- Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights.
  Author: Elizabeth Gordon
- The Ultimate Allergy-Free Snack Cookbook: Delicious No-Sugar-Added Recipes for the Allergic Child. Authors: Judi Zucker, Shari Zucker
- Learning to Bake Allergen-Free: A Crash Course for Busy Parents on Baking without Wheat, Gluten, Dairy, Eggs, Soy or Nuts. Author: Colette Martin
- The Food Allergy Mama's Easy, Fast Family Meals: Dairy, Egg and Nut Free Recipes for Every Day. Author: Kelly Rudnicki
- Sweet, Savory, and Free: Insanely Delicious Plant-Based Recipes without Any of the Top 8 Allergens. Author: Debbie Adler
- The Allergy-free Cookbook for Kids: 150 Recipes that are Free of the 8 Most Common Allergens. Author: Leslie Hammond and Lynne Rominger