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This new, original cookbook is completely free of yeast and fermented foods, and mostly free of milk, wheat, eggs and other common food allergens such as corn, soy, rye, nuts and peanuts. All of the recipes are kosher; all are sugar free, and most are cholesterol free and vegetarian. There are more than 225 original recipes, as well as a complete, simple, 4 stage program for changing to a healthier diet. The authors have included a chapter helping parents change their childrens' diets, including lists of kid-tested recipes and pointers for picky eaters.

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By Bruce Semon, Lori Kornblum

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- Sales Rank: #514074 in eBooks
- Published on: 2011-03-15
- Released on: 2011-03-15
- Format: Kindle eBook

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