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Autore	Le Breton Marilyn <1966->
Titolo	The AiA gluten and dairy free cookbook / / compiled by Marilyn Le Breton ; foreword by Rosemary Kessick
Pubbl/distr/stampa	Philadelphia, Pa., : Jessica Kingsley Publishers, 2002
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Edizione	[1st ed.]
Descrizione fisica	1 online resource (432 p.)
Disciplina	641.5/638
Soggetti	Gluten-free diet Milk-free diet Autism in children - Diet therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Intro -- Foreword from Rosemary Kessick -- Preface from Marylin Le Breton -- Acknowledgements -- Disclaimer -- AiA Information and Acknowledgements -- Please Read Before Starting to Cook -- Gluten Free Flour Mix -- Converting Traditional Baking Recipes -- Egg Substitution Suggestions -- Dairy Substitutions in Baked Products -- Useful Substitutions I -- Useful Substitutions II -- Natural Food Dyes -- UK and USA Cookery Terms -- Recipes -- Bakery Goods -- Pancakes and Waffles -- Biscuits and Cookies -- Cakes, Brownies, Muffins and Donuts -- Cake Toppings, Icing and Fillings -- Desserts and Puddings -- Soups -- Pasta and Pasta Sauces -- Rice Based Dishes -- Stews and Casseroles -- Meat Based Dishes -- Poultry Based Meals -- Fish and Seafood Based Meals -- Sausage Based Meals -- Vegetarian and Vegan Meals -- Snacks -- Condiments, Sauces, Marinades, Pates and Dips -- Sauces, Stocks and Gravies -- Pastry -- Candy -- Miscellaneous Food Items -- Non-food Items -- Appendicies -- Travelling with a Food

Sommario/riassunto

This book contains over 400 gluten and dairy free recipes. An increasing number of people on the autism spectrum are turning to the gluten and casein free diet and finding that many of the more troublesome symptoms are significantly alleviated. Coeliacs, and those with lactose and other intolerances will also find a wealth of useful ideas.