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# Go Dairy Free: The Guide And Cookbook For Milk Allergies, Lactose Intolerance, And Casein-Free Living



## Synopsis

It has been estimated that over 7.5% of the U.S. population lives dairy-free, yet so few resources cater to this expansive and diverse group. To aid this niche, Alisa Fleming founded the informational website GoDairyFree.org in 2004, and produced the limited edition guidebook Dairy Free Made Easy in 2006, which quickly sold out. Back by popular demand, Alisa has updated and expanded her guide to address additional FAQs and to include an expansive cookbook section. Within this complete dairy-free living resource, you will discover ... Over 225 Delicious Dairy-Free Recipes with numerous options to satisfy dairy cravings, while focusing on naturally rich and delicious whole foods. A Comprehensive Guide to Dairy Substitutes which explains how to purchase, use, and prepare alternatives for butter, cheese, cream, milk, and much more, from scratch. Grocery Shopping Information from suspect ingredients lists and label-reading assistance to food suggestions and money-saving tips. A Detailed Calcium Chapter to identify calcium-rich foods and supplements and understand other factors involved in building and maintaining strong bones. An In-Depth Health Section that explains dairy, details the signs and symptoms of various dairy-related illnesses, and thoroughly addresses protein, fat, and nutrient issues in the dairy-free transition. Everyday Living Tips with suggestions for skincare, supplements, store-bought foods, restaurant dining, travel, celebrations, and other social situations. Infant Milk Allergy Checklists that go into detail on signs, symptoms, and solutions for babies with milk allergies or intolerances. Multiple Food Allergy and Vegan-Friendly Resources including a recipe index to quickly reference which recipes are vegan and which are free from soy, eggs, wheat, gluten, peanuts, and/or tree nuts.

## Book Information

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## Customer Reviews

"This book in conjunction with [godairyfree.org](http://godairyfree.org), have been invaluable to my practice in offering solutions for my dairy-sensitive clients. The research is thorough, the explanations comprehensive and the recipes are whole, simple and delicious." -- Meghan Telpner, Certified Nutritionist "Go Dairy Free is encouraging, entertaining and informative, without being overwhelming. It is a must for those living a dairy-free life." -- Sarah Hatfield of No Whey, Mama "Wow! Alisa Fleming has created an accessible yet encyclopedic guide to dairy-free living that makes giving up dairy a very doable proposition." -- Linda Coss, Food Allergy Author "Go Dairy Free is the ultimate resource for safely satisfying those never-ending dairy cravings. It will quickly become your favorite milk-free guide, as it has mine!" -- Kosher Chef Levana Kirschenbaum --Reviewers

Alisa Fleming is the founder of [GoDairyFree.org](http://GoDairyFree.org), the leading website and online magazine for dairy-free living since 2004. She is also the author of *Go Dairy Free: The Guide and Cookbook* and editor for the international publication *Allergic Living* magazine. Alisa is an expert in recipe creation, lifestyle topics and informational writing for the special diet industry. She has spoken at several events and continuously works with leading natural food brands to ensure that dairy-free consumers have a never-ending supply of delicious options. --This text refers to an alternate Paperback edition.

At first I was going to give the *Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living* by author Alisa Marie Fleming a four star rating. The more I read her book, the more I realized how much useful information the author managed to include in her cookbook. I now have a better understanding of lactose intolerance and milk allergies thanks to her book. I also found numerous key recipes teaching how to make different milks so I am not dependent on what's at the grocery store. Thanks to her book I can now make my own rice milk, soy milk or oat milk. I can also make my own buttermilk or heavy cream if I want to thanks to her book. I appreciated her tips on how to use various milk substitutes in cooking or baking. Some of the recipes you will find in her cookbook include: Real Doughnuts, Cinnamon Roll Biscuits, Super C Smoothie, Almost Vanilla "Milk" Shake, Strawberry "Milk", Pizza Fondue, Condensed "Cream" of Mushroom Soup, Whipped Potatoes, Greek Pasta Salad, Grilled "Cheese", Chinese Five-Spice Noodles, Cool Whipped Coconut Cream. If you live in a small town, like I do, you may not find all the ingredients suggested for the recipes included in this book. The author has provided links to

websites or company information making it easier to find what you need. Recommend. Penmouse

EXCELLENT for the person trying to go dairy free. Ingredients can be found in any local NORMAL grocery store.

Our son has a milk allergy. The [godairyfree.org](http://godairyfree.org) website is amazing. But his cookbook but a life saver when he diagnosed at 1 year old. It not only has recipes, but SUBSTITUTES. And how to make them or where to buy them.

I love to cook, and I love this cookbook! It is not just a great dairy-free cookbook; it is an awesome cookbook for anyone. I usually don't buy cookbooks, because I get frustrated when I only find a couple good recipes in an entire book. Instead, I rely on some of the great recipe sites with ratings and suggestions by other cooks. When my first born had colic brought on by my intake of dairy products, I knew I had to change my diet. It was frustrating looking for dairy-free recipes on most websites, so I bought this cookbook. I couldn't be happier with my purchase. My family absolutely loves the home baked granola, maple-pecan french toast (it's more like a dessert though), pillowy whole-grain pancakes (which is also good if you do 1 c. ground oats and 1 c. whole wheat flour), mango colada smoothie, chocolate peanut butter "milk" shake, almost vanilla "milk" shake, thick & spicy pumpking pie shake, oven roasted potatoes, spicy sweet oven fries, make your own pizza, lentil curry in a hurry, pineapple teriyaki bowl, chocolate chip cookies (made with oil), soft and chewy oatmeal cookies (the best oatmeal cookies I've ever had), and coconut fudge brownies (these are also the best brownies I've ever had). There are many other recipes that are good too, but those are our favorites. Two years later my child seems to have outgrown the dairy intolerance, but our diet has mostly remained the same - partly because of reading a lot of studies examining the effects of the consumption of dairy products and partly because we love the food we have been eating for the last 2 years.

This book has a wealth of information on dairy products, dairy intolerance, dairy allergies and dairy alternatives. It provides information that other books don't provide - like what ingredients should I be looking for and staying away from on product labels if I have an allergy. It also provides recipes to make alternatives to commonly used products like heavy cream, tofu ricotta, parmesan cheese substitute, evaporated milk, buttermilk, sour cream, as well as, many other recipes. It also provides many other sources for information on living a dairy-free life. This book is a must have for any one

who is allergic to dairy or choosing to live a dairy-free life.

Go Dairy Free explains all anyone needs to know, not only about living a nutrient rich, dairy free life, but also a simple and healthy life. This book provides detailed and referenced explanation for every recommendation made. Given that our dairy supply is so infused with antibiotics and hormones, not to mention the processing practices, it would do everyone some good to reduce dairy intake, if not avoid it completely. Great recipes. Great ideas. Inspiring and informative. This is a must for every healthy kitchen.

This book has a lot of good information. It has really helped my boyfriend and I navigate his lactose intolerance. It has a lot of recipes in the back, but my issue is that they call for a lot of specialty ingredients that are usually very expensive and often difficult to find. I'm sure they're good, but I was hoping for more recipes that we could make easy substitutions with, like using oil instead of butter or something like that, so for that reason I deducted a star. Overall though, it is a very informative book and if money isn't an issue, you'll probably have better luck, but as a couple of poor grad students, it'll be a while before we'll probably give these recipes a try.

A useful guide for those considering going dairy free or reducing their dairy intake. I got a lot of useful information on substitutions and though I didn't go entirely dairy free, I would use this as my guide if I did.

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