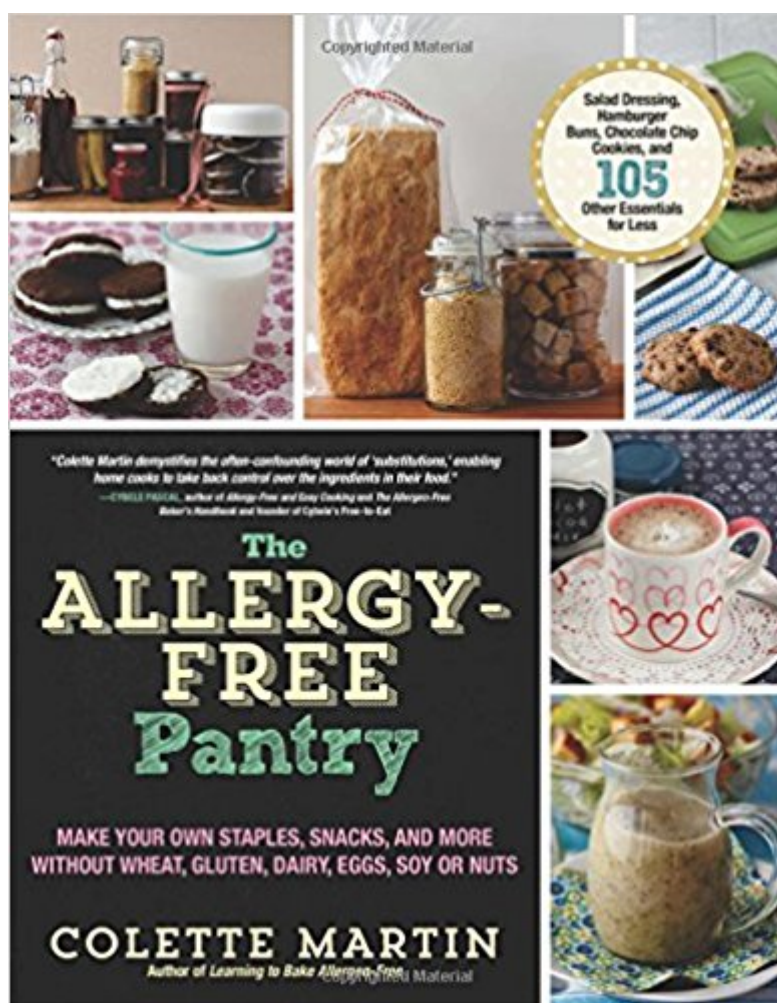


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# The Allergy-Free Pantry: Make Your Own Staples, Snacks, And More Without Wheat, Gluten, Dairy, Eggs, Soy Or Nuts



## Synopsis

Make your own affordable, delicious, and allergy-free staples, snacks, and meals! After the cupboards are cleared of problem foods, most people coping with new food allergies (their own or their kids' are) are missing staples they have relied on for years. And even though stores are stocking more allergen-free brands, shoppers with severe or multiple allergies can read every label and still strike out—especially if they're after a particular craving or on a budget. The good news for the 15 million Americans with food allergies is that classic treats and pantry staples can be made easily and affordably at home. From Colette Martin, the author of *Learning to Bake Allergen-Free*, comes *The Allergy-Free Pantry*—with over 100 recipes free of gluten and the top eight allergens (milk, eggs, peanuts, tree nuts, soy, wheat, fish, and shellfish), for:

- Basic staples (flour blends, non-dairy milks, egg replacers, Sandwich Bread, Biscuits, Strawberry Jam, Sunflower Seed Butter)
- Condiments and salad dressings (Flaxseed Mayonnaise, Ketchup, Ranch Dressing, Barbeque Sauce)
- Breakfast (Pancakes, Honey Blueberry Granola, Apple Oatmeal Scones)
- Crackers and cookies (Flax Crackers, Pita Chips, Chocolate Chip Cookies, Snickerdoodles)
- Pasta, pizza, and freezer meals (Spinach Pasta, Cheesy Sauce, Shepherd's Pie, Meatloaf)
- Desserts (Brownie Bites, Chocolate Pudding, Raspberry Fruit Roll Ups, Caramel Sauce)

Full-color photographs of every recipe and simple instructions (no advanced kitchen skills required!) make this a must-have guide to allergy-free home cooking. Refill your cupboards, and reclaim peace of mind!

## Book Information

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## Customer Reviews

“A solid resource for anyone who cooks for people with food allergies. . . . This book’s clear writing, bright photography, and wealth of knowledge about allergy-free cooking make it a worthwhile addition to the growing market of food allergy-focused cookbooks.”

•Library Journal “This book has outstanding solutions for quick meals, on the go meals, and ways to make things ahead of time. With a little attention and preparation this becomes an invaluable item to have in your kitchen. Kids will love what you make too!”

•San Diego Book Review “With step-by-step instructions which are wonderfully illustrated [you can] overcome the hurdles of cooking without wheat, gluten, dairy, eggs, soy or nuts with these original, tried-and-tested recipes and instead of feeling restricted by your allergies, you’ll feel like a world of opportunities has opened up instead.”

•Woman and Home “[Martin’s] recipes make allergy-free cooking economical as well as feasible for the novice chef . . . I’d definitely recommend The Allergy-Free Pantry.”

•Today’s Dietitian “The Allergy-Free Pantry is a triumph for anybody living with multiple food allergies, making cooking easy, accessible, and fun. Forget navigating your way through the minefield of processed foods! Colette’s homemade staples are natural, fresh and delicious, allowing the home cook to create a wide variety of healthy dishes. This book is an amazing resource and will provide endless inspiration.”

•Tess Masters, author of The Blender Girl “With The Allergy-Free Pantry, Colette Martin has applied her personal experience and vast knowledge to create a phenomenal resource for preparing and eating safe meals without risking exposure to the top 8 most common food allergens, which is no small task. Readers will not only gain a better understanding of their own food allergies, but will be equipped with new and exciting options for meals and snacks. From preparing your own salad dressing to enjoying allergen-free snickerdoodles, Colette covers all the bases in her wonderful new cookbook!”

•David Stukus, MD, board-certified allergist and Assistant Professor of Pediatrics at Nationwide Children’s Hospital in Columbus, Ohio “No more fussing over ‘may contain’ labels; everything from homemade Pancake and Baking Mix to Toaster Tarts with your own Cherry Vanilla Jam is packed into this do-it-yourself dream! The Allergy-Free Pantry is a massive resource that reaches every nook and cranny of safe eating, allowing even beginner cooks to step into their kitchen with confidence.”

•Alisa Fleming, Founder of GoDairyFree.org, Senior Editor of Allergic Living Magazine “Colette Martin knows that when you’re feeding a family with multiple food allergies, the best and safest way to enjoy the foods you love is to make them from scratch at home. From toaster tarts to shepherd’s pie to brownie bites,

The Allergy-Free Pantry serves up kid-friendly recipes that cover breakfast, snacks, main meals, and desserts. But you'll especially appreciate Martin's guidance on substitutions for common allergens such as dairy and eggs, as well as how to make allergen-free versions of pantry staples that can form the foundation of your family's cooking, whether from the pages of this book or another beloved recipe.

• Kelli and Peter Bronski, coauthors of *Gluten-Free Family Favorites* and *Artisanal Gluten-Free Cooking*

“The Allergy-Free Pantry takes the guesswork out of cooking for a restricted diet, and opens up new doors for novice chefs and old pros alike! Packed with easy-to-follow recipes, including those that are hard to come by in the world of allergy-free fare (hamburger buns, croutons, toaster tarts, and so much more!), this cookbook is a must-have for anyone avoiding common food allergens.”

• Mary Jo Strobel, Executive Director, American Partnership for Eosinophilic Disorders

“The Allergy-Free Pantry is a must-have for anyone living with food allergies. Colette Martin demystifies the often-confounding world of substitutions, enabling home cooks to take back control over the ingredients in their food. In the pages of this book, you will find many ingenious ways to mix up everything you need for a well-stocked pantry, plus a wealth of new recipes that use your new tool kit. Whether you want to can it, jam it, blend it, dress it, sauce it, bake it, or cook it, there's something in here for you.”

• Cybele Pascal, author of *Allergy-Free and Easy Cooking* and *The Allergen-Free Baker's Handbook* and founder of Cybele's Free-to-Eat

“Anyone with multiple food reactions should buy this book! I can't tell you how many patients I see whose lives Colette Martin has changed. The Allergy-Free Pantry is an excellent resource.”

• Dr. Stephen Wangen, Medical Director, IBS Treatment Center

“Colette Martin is a dedicated food allergy mother and advocate who has spent over a decade developing recipes for delicious allergen-free meals. By sharing her insight and creations with us in *The Allergy-Free Pantry*, Colette once again helps us greatly expand the breadth of options we can serve our food-allergic children. Thanks to Colette, we don't have to compromise on taste or nutrition.”

• Paul Antico, founder and CEO of AllergyEats, food allergy advocate, and father of three food-allergic children

“A diagnosis of food allergy means that many favorite meals, snacks, and condiments become off-limits. The Allergy-Free Pantry is a guide book for you to learn how to replace those favorites with safe, made-at-home versions of foods you thought you'd have to give up. Colette's how-to style will give even a novice cook or baker a way to become confident in the kitchen.”

• Lynda Mitchell, Vice President, Kids With Food Allergies, a division of the Asthma and Allergy Foundation of America

“I am humbled by Colette Martin's

commitment and applaud her hard work, her spirit, and the contents of this book. As a chef and advocate, I look forward to implementing some of the recipes from *The Allergy-Free Pantry* here in the South Point kitchens.

•Keith Norman, Assistant Executive Chef and Food Safety Manager at South Point Hotel, Casino, and Spa

“For anyone who has asked, “What do I do now?” after a child is diagnosed with multiple life-threatening food allergies, Colette Martin has the answer. She provides a guide to the alternate universe of feeding a food-allergy family in steps so logical that they would make anyone a better cook. Follow Colette and your family won’t miss a thing in flavor, variety, and nutrition.

•Henry Ehrlich, editor of [asthmaallergieschildren.com](http://asthmaallergieschildren.com) and author of *Food Allergies: Traditional Chinese Medicine, Western Science, and the Search for a Cure*

“Finally! Thanks to Colette Martin, the food allergy community can make all of our culinary cravings and necessities, from meals to savory snacks to baking staples. With precise explanations, the recipes in *The Allergy-Free Pantry* are easily approachable. And no, Colette Martin doesn’t build concepts around short-lived, pre-processed substitute foods. Her back-to-the-basics cooking approach offers those of us contending with multiple food allergies and restrictions the means to eat like the rest of the world . . . and possibly even better.

•Susan Weissman, author of *Feeding Eden*

Colette Martin is a food allergy mom and an expert on how to bake allergen-free. Having first learned to bake in her grandmother’s kitchen with wheat, butter, milk, and eggs, she understands firsthand what it means to transform a kitchen to accommodate multiple food allergies. She is an advocate for food-allergic families, Vice-Chairperson on the Board of Directors for the Kids with Food Allergies Foundation, and a member of the Food Allergy and Anaphylaxis Network and of the American Partnership for Eosinophilic Disorders.

I do not typically write reviews on items, but this one was so helpful for my family and I that I had to. My husband was diagnosed with EoE last year, and after allergy testing and eliminating based on the tests, he was still not feeling better. When the GI finally suggested a full elimination diet, it was pretty overwhelming to get started. I happened upon this book and it has been our most helpful resource during this diet. Some of my favorite things about it: 1) The intros at the front and at the beginning of each chapter helps explain the WHY behind different substitutions that need to be made. This helps with making the recipes in the book, but it also helps me know how to adapt other recipe our family loves to something my husband can eat. (And makes the book even more valuable than the numerous recipes included in it!) 2) The recipes themselves... We have tried several, and

my husband has loved all of them. Going through the stress of food allergies can be hard, and there is something emotionally rewarding about being able to say, "I made pancakes/muffins/cookies for my husband today that he can eat without getting sick, and they taste good!"<sup>3</sup>) The freezer instructions! Every recipe we have used so far has had instructions for how to freeze it at some point during the process! This has helped make our life so much easier. One of the big challenges of having to eat on an elimination diet is the necessity to have every bit of food planned out, and being able to stock the freezer has helped with that SO much!! I would HIGHLY recommend this book to anyone with multiple food allergies or doing an elimination diet who is trying to find ways to have more "normal" back in their life!

Fantastic! Homemade oreos?! Homemade Reese's cups?! Collete, I love you! Thanks to your book, I can have some of the things I used to really like before allergies changed my diet completely! The substitutions on flours info, and the fact that all recipes are allergy free rather than just gluten free makes this book a MUST HAVE if you or your kids have allergies! Goodies like pretzel bites, fruit roll ups, homemade tootsie roll candies, candies and brownies, breads, pizza dough, omigosh I'm thrilled to eat fun food again! Have made a few of the desserts already, doing zucchini bread today. This book is leaps and bounds ahead in the allergy free arena, and so far it's hands down the best book in my collection! Love it! Collete, please figure out how to make gummy candies and include it in your next book...man, I miss those too :D

I sent this to my favorite seven-year-old whose mother was recently told by her doctor to avoid a whole list of foods. Her mother sent me a picture with her holding the book and a big grin on her face. She loves to read the recipes and make the snacks because she can actually eat them.

OMG!! Finally a wonderful easy gluten free recipe for pancakes. I just made these little pillows of wonderfulness and I am amazed. I have tried lots of books/recipes for GF pancakes and they either take a laundry list of special ingredients and then still don't turn out right or they turn out ok after the laundry list but they taste blah....sometimes crunchy blah. Truly as a vegan it is difficult to find GF pancakes that have taste and are easy to make. I made the pancake flour mix as directed in the book on Sunday and Monday just whipped up the pancakes and viola....delish!!! I will be making LOTS of these recipes. Just for the pancakes alone the book was well worth the purchase. I can't wait to try the biscuits, bread, flat bread...(Can you tell I have missed bread?//...a lot!!!) Get the book...you won't regret it if you have celiac disease or are just gluten intolerant. Yes I try to follow a

very low fat plant based diet...but every now and then you have to have pancakes.....good pancakes:)

Massively useful book. I just learned I am allergic to wheat and dairy. This book have me all my kitchen staples back, like ranch dressing, sour cream and mayonnaise. If you have good allergies, this book is a lifesaver!

I have only just recently had my diet completely and totally changed. This book is getting me through it. Lots of very good suggestions for what you need to have an allergy-free kitchen, and what to do with the stuff you put in your pantry. I feel so much better that I think everyone should try it.

Lots of good recipes for alternatives to flour, milk and eggs and nuts. There are 10 recipes for breads and rolls and other bread like items, but I was disappointed with wide use of xanthan and guar gum, and sunflower, grape seed and canola oils. Baking mix recipes require the use of a kitchen scale that measures dry ingredients in grams. There are four fried food recipes, one for french fries. (you know how to do it). If you are okay with the gums and oils, this book is good. It has many recipes for the things we eat the most and tips and general information along with ideas for shopping and how to substitute.

O.K. I already know some of this stuff, but really it's a good book about how to make your own condiments and other stuff. If you're bored with the same ol' stuff you've been cooking to be gluten free, I recommend this book for a few ideas. Skip the Allergy Free cooking book - the recipes are not what one would want (at least at this home). I find the recipes to be boring, mundane "American" home cooking at its most mediocre. What we want is fabulously wonderful flavors that are unique and exciting.

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