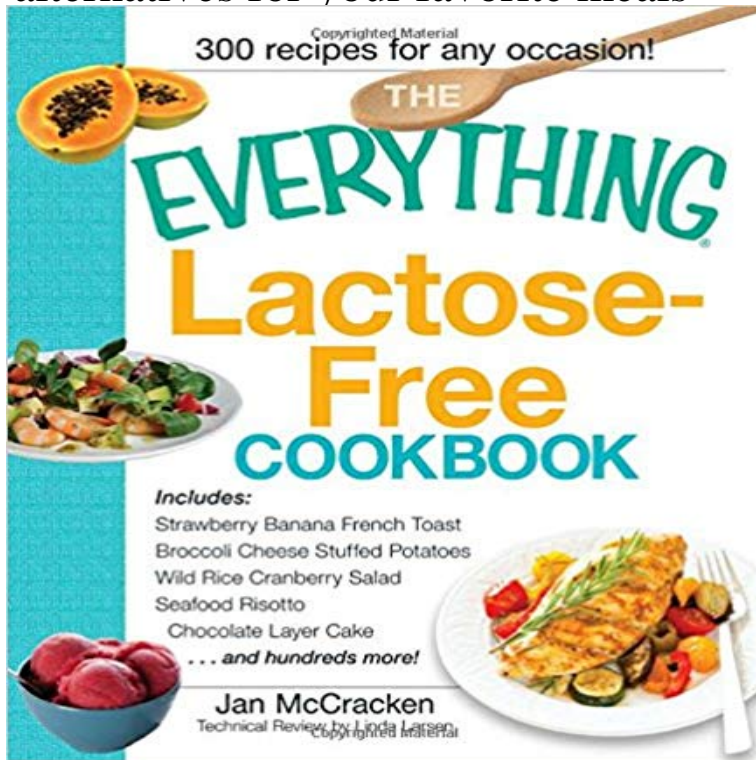


The Everything Lactose Free Cookbook: Easy-to-prepare, low-dairy alternatives for your favorite meals



Have your cheesecake, and eat it, too! Creamy soups, pizza, ice cream ... if you think your lactose intolerance keeps you from enjoying your favorite foods, think again! With The Everything Lactose-Free Cookbook, you can indulge in worry-free meals and desserts any time you want. This unique cookbook is your one-stop reference for whipping up more than 300 delicious low-lactose recipes, including: New York style cheesecake, Grilled salmon with creamy tarragon sauce, Passion fruit smoothie, Tofu lasagna, Creamy apricot mousse, Veggie omelet. These delightful new recipes offer the same textures and tastes as your old favorites. Packed with useful tips and information, this one-of-a-kind cookbook will satisfy your every craving--without upsetting your stomach!

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