



# Cooking Without Milk: Milk-Free and Lactose-Free Recipes

*Florence E Schroeder*

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## **Cooking Without Milk: Milk-Free and Lactose-Free Recipes** Florence E Schroeder

Cooking Without Milk is a straightforward, commonsense cookbook for the 50 million people in America who have milk or lactose intolerances or allergies. Unlike most of the current milk-free cookbooks that are free of lactose but not necessarily of milk, Cooking Without Milk is completely milk-free, with more than 550 recipes and variations of the foods people eat regularly with ingredients found in most grocery stores today.

Many current milk-free cookbooks assume that lactose is the only problem ingredient in milk, require ingredients that are hard to find, and presume that cooks are mainly interested in making gourmet, time-consuming dishes. Cooking Without Milk, however, assumes that most people who cook milk-free don't want to spend a lot of time in the kitchen. Cooking is not their only pastime.

Cooking Without Milk includes a wide range of recipes -- main dishes, vegetables, soups, sandwiches, egg dishes, breads, desserts, beverages, and sauces, gravies, and glazes. Also included are guides to the role of milk and milk products in diet, high-lactose foods to avoid, a guide to calcium and calcium-rich foods, and other useful information for those who cannot consume milk.

The author also suggests ways in which to determine one's level of milk intolerance, how to live comfortably while avoiding milk, eating in restaurants, accepting invitations that involve meals, milk products in medications, knowing how to find hidden milk in the ingredients of everyday foods, what to be careful about when buying from an in-store deli, and a list of Web sites for those who want to research milk intolerance for themselves.

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