



# **Lactose Free: More Than 100 Delicious Recipes Your Family Will Love (Great Healthy Food)**

*Lucy Knox*

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**A NEW APPROACH TO THE LACTOSE-FREE DIET -- DELICIOUS FOOD WITHOUT WORRY**

Millions who cannot tolerate lactose in their diet no longer have to make do with cookbooks that provide safe but unappealing recipes. With more than 100 contemporary recipes that will delight the palate, please the eye, and satisfy family and guests -- whether they are lactose-intolerant or not -- "Lactose-Free" provides a welcome alternative, offering:

Important information on lactose intolerance and tips on how to choose ingredients that are safe to eat. Illustrated with beautiful full-color photographs and packed with helpful information, "Lactose-Free" proves that there is no need to sacrifice taste and aesthetic pleasure at mealtimes, even when certain items are "off the menu."

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