



# Celiac Creations For Multiple Food Allergies: How To Survive When Your Food Is Killing You

*June Ramey, Kristine Dzagan*

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This cookbook is free of gluten, sugar, dairy, soy, peanut, tree nut, artificial sweeteners, and alcohol, and provides delicious, original family recipes for people with multiple food allergies. Those who suffer from Celiac Disease or gluten intolerance, ADHD/ADD and Candida will benefit from these innovative, natural food recipes.

Using healthy fats and plant-based sweeteners with a low glycemic index, this book offers guilt-free, healthy alternatives for comfort foods such as bread, ice cream, cakes and other desserts. These child-approved recipes were also tested on people with no known allergies with glowing feedback. The most common response was, "Yum!"

While this book was written with the novice cook in mind, experienced chefs will also appreciate the beauty, texture and rich flavor these recipes offer.

Food should be fun and satisfying. We believe this cookbook provides the opportunity to enjoy food once again.

June Ramey is a great-grandmother with a long history of creative cooking. At age 4 she discovered combining mud with Crisco was not a good idea. By age 13, she was cooking for real using fresh herbs out of the garden. As a 19-year vegetarian, she has learned to balance proteins and carbohydrates. Always loving a challenge, she has successfully taken on the world of creative gluten-free cooking with extensive food allergies. Her love of cooking is evident in the recipes she's engineered.

Kris Dzagan grew up in farmlands of North Dakota and suburbs of small Minnesota towns most of her childhood but has fond memories of playing on her uncle's dairy farm with her cousins in the 1970s. That's where she began to enjoy the wholesome taste of fresh cooked farm foods. At about that same time, the family experimented with natural foods, although there were not nearly as many items on the market as there are today.

keywords: Gluten-free, Dairy-free, Soy-free, Peanut-free, Sugar-free, Celiac, ADHD/ADD, Candida, Multiple allergies

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