

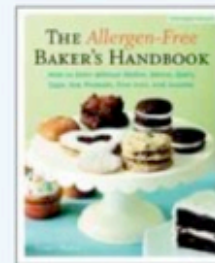


Diet & Weight *etcetera*

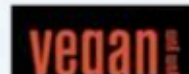
ON THE SPECIAL NEEDS SH



Anyone who bakes for someone with a food allergy—and especially those who bake for people with multiple food allergies—will look on Cybele Pascal's new book as a gift. *The Allergen-Free Baker's Handbook: How to Bake Without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, and Sesame* will bring delicious treats and even savory dishes back to the table for people who may feel deprived of delectable baked goods. www.tenspeed.com



Vegan cooking can be bewildering, especially to neophytes. But when



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