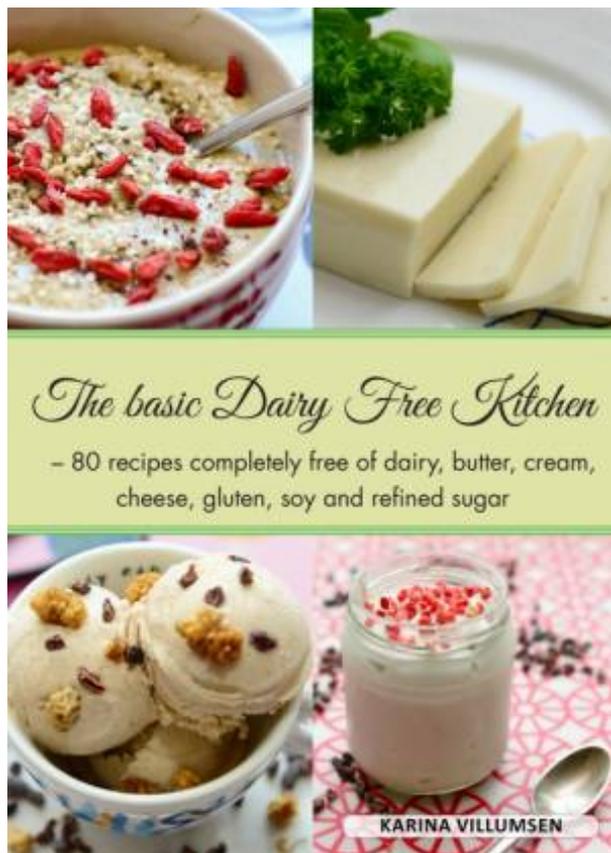


# The Basic Dairy-free Kitchen



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It is very common to think that milk is a healthy drink. But lately I find that more and more people respond adversely to the intake of dairy products. Before I removed milk from my diet, I never thought that milk could be harmful or even cause disease. I did not expect that three months without milk could be of such an importance that I lost 10 kilos/22 pounds. Therefore, I have long wanted to make a book with recipes for the most common things you may miss on a dairy free diet. The recipes in this book are made without milk, cream, cheese or butter, soy and gluten. 216 pages with colorful photos and over 80 recipes.

It makes a smallish cake, so I usually double the mixture if making a whole cake, or just use the quantities below to make about 6 muffins. It turned out soooo good. The most delicious recipes without milk from the greek chef Akis Petretzikis. Kitchen Tips. It is a basic dairy free cake recipe. If you're a meat. A round-up of the 20 best dairy-free ice cream recipes for our. Gluten Free Carrot Muffins Yummy Mummy Kitchen. fr This popular and versatile dairy-free pesto is used often in the kitchen of famed Chef Jason Wyrick. All our recipes are tested thoroughly by us to make sure they're suitable for your kitchen at. Good Questions. Basic Paleo Pizza Crust Recipe (Dairy-Free). Buttery or dairy free vegan biscuits - can easily be made with or without dairy. Dairy-Free Avocado Ice Cream. Indsendt af Karina Villumsen kl. These easy gluten free recipes are quick to prepare,. (all things I bet you also have in your kitchen). Walk in the kitchen, turn on the oven to 180',. The SmartPoints and PointsPlus values for all my recipes were calculated by Skinny Kitchen and. Guide to the Best Dairy-Free Products to Replace Traditional Dairy. Quick No Rise Pizza Crust Kitchen

Trials.