

Third Edition

Special Diet Solutions

Healthy Cooking Without Wheat, Gluten, Dairy, Eggs, Yeast or Refined Sugar



Bread • Pie Crust • Pudding • Hamburger Buns

Bagels • Pretzels • Cookies • Bagels • Kneads

Pizzas • Cakes • Desserts • Crackers • Air Cream • Cabbages • Sausages

Carol Fenster, Ph.D.

*Author of Wheat-Free Recipes and Menus
and Special Diet Celebrations*

Special Diet Solutions
Healthy Cooking Without Wheat,
Gluten, Dairy, Eggs, Yeast or
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