



# The AiA Gluten and Dairy Free Cookbook

*Marilyn Le Breton*

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# The AiA Gluten and Dairy Free Cookbook

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## **The AiA Gluten and Dairy Free Cookbook** Marilyn Le Breton

Containing over 400 gluten and dairy free recipes, the book will be invaluable to all those whose diet is restricted due to food intolerances. An increasing number of people on the autism spectrum are turning to the gluten and casein free diet and finding that many of the more troublesome symptoms are significantly alleviated. Coeliacs, and those with lactose and other intolerances will also find a wealth of useful ideas for cooking without gluten or dairy products and expanding what may initially seem a very restrictive repertoire of possible meals.

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