



Honestly Gluten Free & Dairy Free: Recipes, Tips and Solutions for the Home Cook

ND, CCN, Sarah Stout

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Sarah Stout learned the hard way that no matter how good something tastes, if your body is allergic to it, you'll pay—whether through exhaustion, pain, or simply dulled senses. But while finding out you're allergic to gluten or dairy can seem like a low blow, it doesn't have to be the end of flavorful food or the beginning of overly complicated cooking.

To address her own health issues, Stout became a nutritionist and naturopath and soon learned how proper nutrition can heal your body from all sorts of ailments. In *Honestly Gluten Free & Dairy Free*, she offers a treasure trove of delicious recipes to fit various dietary needs, from gluten and dairy allergies to vegan or paleo lifestyle choices.

But this isn't your typical cookbook. Addressing what foods are best, why diets don't work, what food allergies and intolerance mean, and how to eat defensively (even when dining out), Stout explains how to stock your pantry so that healthy options become the easy choice and offers simple ways to adapt recipes to accommodate your needs.

Are you ready to enjoy a healthier, tastier, and easier life?

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