

Writer, Sandra Butler

Sandra is an executive chef in England. She has a great deal of experience in catering to various food allergies and intolerances, from milk to gluten. Sandra shares many of her allergy-friendly recipes with Go Dairy Free, and she always welcomes food and cooking related questions.

"I have worked as a chef for over 27 years all over the world and for major events. In March 1999, after a lifetime of eating seafood, I experienced anaphylactic shock from fish. With this new awareness, I now work to help different allergy sites across the globe with recipes, menus, and general advice."