

Shop Dairy Free: Books, Product Lists, eCookbooks

Not sure what to eat? Having trouble finding foods and recipes that fit your special diet? You have come to the right place! For your ease, book orders can now be made in combination with ebook, ecookbook, and product list download orders. Simply Add to Cart all of the items you wish to purchase for a simple checkout and instant dairy-free gratification! Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living (Hardcopy / Paperback) - \$19.95

**We are sold out - See Amazon and BarnesandNoble.com to purchase

Go Dairy Free is the most comprehensive book available on dairy-free living. Inside you will discover important health information, calcium resources, handy reference lists, answers to numerous milk-free FAQ's, grocery shopping guides, restaurant tips, a complete guide to dairy substitutes (purchasing, using, and making at home), and approximately 225 recipes addressing dairy alternatives, baked goods, entrees, desserts, sauces, soups, sides, and more. Go Dairy Free: The Guide and Cookbook is available on Amazon, Barnes & Noble.com, Borders.com, Amazon.ca, Amazon.co.uk, Amazon.de, and via Amazon Kindle. See below for our e-book version. (288 pages) Additional Information on Go Dairy Free:

Book Summary ~ Recipe Index ~ Table of Contents ~ Customer Reviews

Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living (eBook / PDF version) - \$14.95

Our new guide and cookbook, Go Dairy Free, is also available in an electronic format. Purchase the downloadable book now to have it on your desktop in minutes! This PDF version contains active web links, active table of contents links, the ability to print select pages as needed (recipes, dairy ingredient lists for grocery shopping, etc.), and the bonus of immediate delivery! Identical in content to the printed version, you will discover health information, calcium resources, grocery shopping lists, restaurant tips, a complete guide to dairy substitutes, and over 200 recipes within. Go Dairy Free is also available for Kindle subscribers via Amazon Kindle. (288 pages)

2008/09 No Dairy Product List for Multiple Food Concerns (PDF) - \$12.00

This is our most comprehensive product list download for the U.S. and Canada. Each dairy ingredient-free* and trans fat-free item is cross-referenced to note which foods are also vegan and/or made without eggs, wheat, gluten or soy ingredients. Whether you have multiple food sensitivities or would simply like to keep your diet varied and discover more free-from foods, this extensive file has many grocery options for you. (180 pages)

2008/09 No Dairy Product List (PDF) - \$10.00

Quite simply, this is our big list of food products made without milk ingredients.* It is the basic product list for lactose intolerance, milk allergies, and general casein-free living. A special column indicates which products are also made on dedicated dairy-free equipment, and active links within the listings allow you to click right through to the manufacturer for cross-contamination inquiries, or to help you locate the product for purchase. (151 pages)

2008/09 Vegan Product List (PDF) - \$8.00

For those following an animal-free diet, this list excludes products with meat, fish, eggs, or milk in the ingredient list* (products with honey are specifically noted), yet it is still amazingly long and varied. Anyone transitioning into a vegan diet for the first time, following a vegetarian diet but seeking to cut out dairy, or vegan veterans who are simply looking for more grocery ideas, will surely find some gems. (127 pages)

2008/09 No Dairy and No Soy Product List (PDF) - \$8.00

Soy allergies and intolerances seem to be quite common among those with milk allergies, plus it can be all too easy to get stuck in a "soy rut." If you prefer to follow a dairy- and soy-free diet, then this product list should meet your needs. It includes only those products we found to have no soy ingredients and no dairy / milk ingredients.* (105 pages)

2008/09 No Dairy and No Gluten Product List (PDF) - \$8.00

This list was created with the gluten-free / casein-free diet in mind, though it is also well suited to those who may be intolerant of gluten and lactose. It includes just those grocery items that we found to be both dairy ingredient-free* and gluten ingredient-free. For those who are highly sensitive to gluten, the product listings have active web links that will take you straight to the manufacturer for inquiries. (96 pages)

Wicked Treats: Homemade Vegan Sweets without Any Tricks (Mini-eCookbook / PDF version) - \$3.00

Why feel left out of the fun just because you follow a special diet? Wicked Treats from Hannah Kaminsky, author of My Sweet Vegan, supplies you with six delicious homemade candy recipes each with a full color photo and detailed instructions. The recipes include Ghostly Vanilla Fudge, Jelly Bites, Licorice, Peanut Butter Fingers, Rice Crackle Bars, and Tootsie Chews. Plus, all of the recipes are vegan (dairy-free, egg-free, and gelatin-free), gluten-free, and optionally soy-free! Perfect for Halloween parties or filling candy baskets with "safe" sweets any time of year! (15 pages)

À La Mode: Vegan Desserts That Will Keep You Churning All Year Round (Mini-eCookbook / PDF version) - \$5.00

Just when you thought vegan ice cream had reached its limits, Hannah Kaminsky, author of My Sweet Vegan, takes it to a new level. This creamy collection combines nostalgic flavors with Hannah's gift for creativity, resulting in delicious recipes (a cool baker's dozen) that will satisfy, delight, and amaze. For just \$5 you will enjoy recipes for Birthday Cake Ice Cream, Buttered Popcorn Ice Cream, Chai Latte Ice Cream, Cherry Cola Ice Cream, French Vanilla Ice Cream, German Chocolate Ice Cream, Jam Ice Cream, Maple-Pecan Ice Cream, Oatmeal Raisin Cookie Ice Cream, Peanut Butter Bombshell Ice Cream, Peppermint Crush Ice Cream, Rose Petal Ice Cream, and White Peach-Rosemary Ice cream, each with an accompanying full color photo, tips, and options. (29 pages)

Mission Impossible Pies: Crust-less Delights for Ever Occasion (eCookbook / PDF version) - \$5.00

Imagine luscious pies that take less than 30 minutes of preparation. Think how happy you would be if the recipes were dairy-free. Now, savor the reality of Hannah Kaminsky's Impossible Pies eCookbook. As the author of My Sweet Vegan, Hannah knows dessert, but she doesn't always have time to spend hours on preparation. Thus, these deliciously decadent, crust-less (and gluten-free-friendly) pies were born. For just \$5 you will enjoy perfectly sliceable recipes for Apple Streusel Pie, Banana Creme Pie, Chocolate Fudge Pie, Coconut Pie, Cookies and Creme Pie, Cran-Cherry Pie, Lemon Curd Pie, Mint Chocolate Chip Pie, Peanut Butter Pie, Pecan Pie, Pumpkin Pie, and Sweet Potato Pie, each with an accompanying full color photo. (27 pages)

Lunch Box Bites: A Dozen Delicious Recipes for On-The-Go Vegan Eats (eCookbook / PDF version) - \$5.00

This collection includes a dozen easy dairy-free / egg-free recipes, created by Hannah Kaminsky, the author and photographer of My Sweet Vegan. It is perfect for students on the go, parents who want to feed them, or anyone who just needs packable tasty treats to accommodate a busy lifestyle. For just \$5, all of the following recipes will be delivered to your desktop: Best Bran Muffins, Brownie Bites, Chipsters (cookies), Coffee-Buzz Energy Bars, Hummus Crackers, Peanut Butter Bomb-Shell Blondies, Peanut Butter and Jelly Toaster Tarts, Pie Cups, Root Beer Pudding, Steel-Cut Oatmeal Cookies, and Strawberry Crispy Rice Treats. Each recipe also comes with an accompanying full color photo. (26 pages)

Go Dairy Free Diet & Health Journal (PDF) - FREE

Our Diet & Health Journal was created in conjunction with the Dairy-Free Challenge, to help identify if a dairy-free lifestyle may be beneficial for you. However, it is also an excellent tool for diet tracking in weight loss efforts, to report to your physician, in addressing potential food sensitivities, or in pursuit of a generally healthy diet. The journal includes two weeks (14 days) worth of pages for logging your diet, symptoms, and other notes, and can be reprinted anytime for continued dietary tracking. (15 pages)

* What is "No Dairy" and "Dairy Ingredient-Free"? Our lists contain products, which at the time of our research, were made without any milk-based ingredients. If you are seeking products made without eggs as well, then the Complete No Dairy Product List for Multiple Food Concerns or the Vegan Product List should assist you. The "No" in No Dairy, No Gluten, No Soy, etc., indicates that the products are made without that ingredient to the best of our knowledge, but keep in mind that cross-contamination is a big possibility in many manufacturing facilities. If concerned, use the web links within our product lists to obtain the contact information for the manufacturers, and inquire directly about processes. Always consult the ingredient statement prior to consumption of any product and if trace amounts of any food are a concern for you, always contact the manufacturer prior to consumption.