

Writer, Karen Blue

Karen is one of the true originals on the milk-free web scene. I came across her website back in the day when she was "blue for milk," but her work has since evolved into Avoiding Milk Protein, a combo website and blog that gets straight to the point with facts of interest, recipes, and milk-free / multiple food allergy-friendly tidbits. For GoDairyFree.org, she is like an investigative reporter AND on-the-scene critic, uncovering milk in the most mysterious of places and offering reviews on great places to eat dairy-free.

"I grew up with multiple food allergies, during a time when less was known about allergies by the general public. Food changes, substitutions became a way of life as every new "free food" find a small joy. I outgrew most of my allergies as a teen. However one of my two girls now has a milk allergy. I wish to share my allergy finds, and the odd places milk hides in our lives."