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# NETGALLEY REVIEWS

## EAT DAIRY FREE

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**JESSICA MILLER**  
Reviewer at Shelf Quest

★★★★★

“*Eat Dairy Free* is a great resource for anyone looking to cook without dairy or as a guide for healthy, wholesome eating. I’m currently doing Whole 30 and there are several recipes I will be able to make and several more I look forward to eating once I am technically done with the program. I highly recommend this book!”

**LINDSAY BALL**  
Educator and Reviewer

★★★★★

“I wish I had this book years ago to help with my son’s milk allergy. If you are considering eliminating any form of dairy from your diet, I recommend both of Alisa Fleming’s books.”

**PAM STRAIGHT**  
Reviewer

★★★★★

“As a vegetarian attempting to go full vegan, this book fills a huge need for me. A challenge is how to replace dairy in many recipes. While every recipe in this book is not vegan, there are a large number of them that either are vegan or have a vegan option.”

**JILLIAN MCKEOWN**  
Librarian at Wilmette Public Library

★★★★★

“Great resource, especially for those new to dairy-free and/or vegetarian or vegan diets. The recipes are simple, accessible, and typically require what’s already on your shelf while incorporating a variety of ingredients. A must for any library.”

**LAURA O.**  
Reviewer

★★★★★

“*Eat Dairy Free* by Alisa Fleming is a great cookbook for people looking into a dairy-free lifestyle. There are lots of photos and easy to follow recipes. Particularly in today’s food environment it’s easy to access all the ingredients needed to begin eating dairy free and this book is a perfect introduction.”

**CHARITY HOWARD**  
Reviewer

★★★★★

“Such great tastes and recipes found in this cookbook. If you are just looking to review dairy in your diet or for some different recipes we recommend picking this cookbook.”

**JENNIFER JONES**  
Librarian at Hawaii State Public Library System

★★★★★

“A great cookbook and overall resource for individuals who are dairy free or looking to reduce the consumption of dairy products. The recipes are well organized, easy to follow, and use regular ingredients. Fleming also provides options for other dietary needs/allergies, such as gluten-free, egg-free, soy-free and nut-free. Beautiful photos accompany each recipe. I would definitely recommend this cookbook to anyone looking to go dairy free.”

**ALINA MELINDA**  
Reviewer

★★★★★

The author does an amazing job explaining all the differences in various dairy alternative products. I also like that she doesn’t use many processed dairy substitutes, preferring natural alternatives. Delighted with this book.”

**ASHLEY BARTHOL**  
Reviewer

★★★★★

“This book is very well written and has tons of great photos to accompany the recipes. I made the Vanilla Cream Scones and Raw Pecan Pie Bites. Both were easy and so good!”

**KATHLEEN CARPENTER**  
Reviewer

★★★★★

“This a super book for dairy free! It’s like a primer for beginners and also really great perspective for people more seasoned.”

**HOST IRT**  
Reviewer

★★★★★

“If you’re climbing the mountain of sustainable, ethical, whole and simple eating, this is an excellent cookbook for you.”

**SHIRLEY UPTON**  
Reviewer

★★★★★

“I have been dairy-free for over five years now and this is one of the best specialist cookery books I have read. A really good selection of all sorts of dairy free recipes.”