



# **Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber**

*Nicolette M. Dumke*

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With this book you will spend less time in the kitchen by having your bread machine, food processor, or mixer share the workload of baking for a special diet. It contains 195 recipes for allergy and other special diets. 135 of the recipes in the book are free of wheat, milk, eggs, corn, and soy; a chapter of yeast-free breads is also included. The book contains recipes for breads of all kinds, main dishes, and desserts. The information about bread machine features will help you choose the machine that best meets your needs at a reasonable price.

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