



# **The Eat Well Cookbook: Dairy-Free and Gluten-Free Recipes for Food Lovers**

*Jan Purser, Kathy Snowball*

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Based on a philosophy for health and well-being, this cookbook offers a selection of sensational healthy food for all occasions, whether it's dinner for two, a family meal, or entertaining a large group. All recipes are gluten- and dairy-free, making them perfect for people with sensitivities, dieters, those suffering from allergies, or people who just want to look and feel healthier. Mouthwatering meals—including marinated quail with red cabbage salad, seared tuna with panzanella and caper dressing, Portuguese-style duck rice, and baked pumpkin “gnocchi” with roasted tomatoes and salsa verde—fill each page, and all recipes offer vegetarian substitutions.

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