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Cooking and recipes: allergy-friendly websites

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Books: a taste of mexico: vegetarian cuisine

Title: *A Taste of Mexico: Vegetarian Cuisine (Healthy World Cuisine)* (Paperback *The Emotional Diet: Gluten-Free, Wheat-Free & Dairy-Free Recipes*:

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Nicolette M. Dumke is the author of The Ultimate Food Allergy Cookbook and Survival Guide (3.58 avg rating, 12 ratings, 2 reviews, published 2006),

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