

Gluten-Free, Dairy-Free, Fuss-Free Easter Dinner

LIVING WITHOUT®

The magazine
for people with allergies
and food sensitivities

Allergy-Friendly
Spring Recipes

4 SECRETS
to *Flavorful*
GF Cooking

Medical Alert
Allergic to Eating

Guide to
Safe Summer Camps

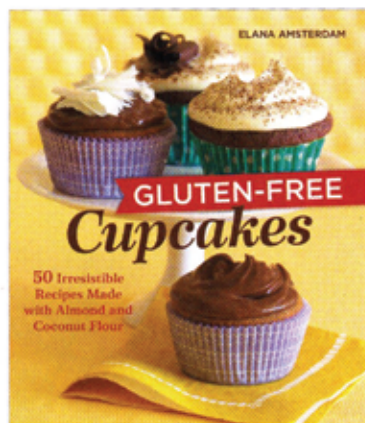
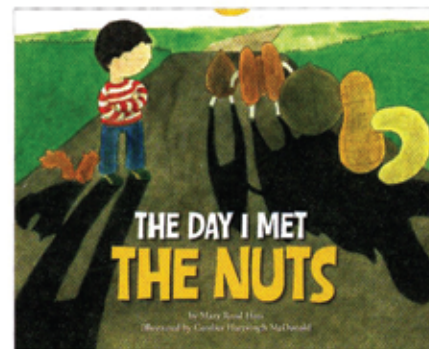
Special-Diet Travel
Westward Bound!



LivingWithout.com

The First Time

A rash-spotted face isn't charming, particularly if it's your child. But cheeks inflamed with hives are the start of a charming children's book, *The Day I Met the Nuts* (Earth Day), by Mary Rand Hess with illustrations by Candice Hartsough McDonald. Here's the story of a little boy's first encounter with a nut allergy, from his initial reaction and the rush to the doctor's office to what happens at school and acceptance by the wider community. This easy-to-read book is a fun take on a serious topic from a writer who is, by the way, allergic to nuts. *The Day I Met the Nuts* helps little ones come to terms with a food allergy.

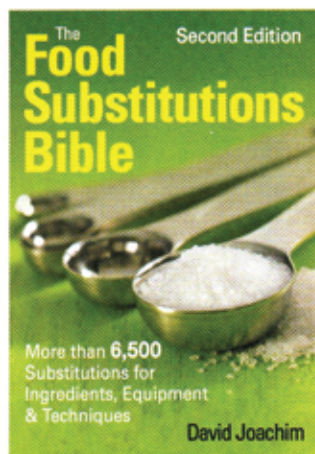
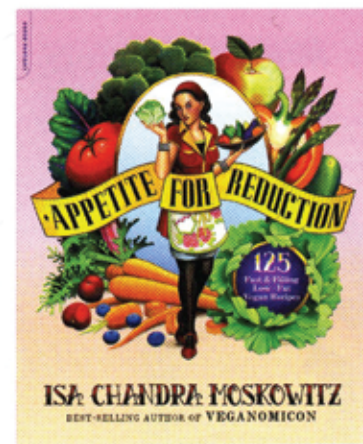


Little Cakes

If your idea of the perfect cupcake is great taste with no gluten or refined sugar, *Gluten-Free Cupcakes* (Ten Speed Press) is the cookbook for you. Celiac food blogger Elana Amsterdam (elanaspantry.com), author of *The Gluten-Free Almond Flour Cookbook*, now offers a second cookbook of 50 recipes with mix-and-match cupcakes and frostings, ranging from classic (Vanilla, Strawberry, Chocolate, Red Velvet cupcakes) to show-stopping (Fallen Chocolate Souffle, Black Forest, White Chocolate Cherry, Pecan Pie cupcakes). And there are dozens of delicious choices in between, including savory treats like Spinach Feta Muffins. Recipes use nutritious, protein-rich almond and coconut flours and they call for eggs and oil (as a butter substitute). If you love cupcakes and can eat eggs and almonds, this little book is a gem.

Easy on the Waistline

Want to shed pounds without going hungry? Whether you're focused on bathing suit season or just healthier eating, *Appetite for Reduction* (DaCapo LifeLong) can help. This new book by well-known vegan author Isa Chandra Moskowitz is a winner for losers—weight losers, that is. With 125 vegan delights (no dairy or eggs), many of which are gluten free, soy free and nut free, Moskowitz offers delicious dishes that fill you up for under 450 calories a serving. There's no scrimping on nutrients or culinary creativity. Recipes were created with dietician Matthew Ruscigno to combine fresh, wholesome foods in delicious ways—Eggplant-Chickpea Curry, Upside-Down Lentil Shepherd's Pie. Welcome to low-fat meals that are satisfying and mouthwatering, too.



Replacement Parts

Ever been in the middle of a recipe and don't have an ingredient? So have we. *The Food Substitutions Bible* (Robert Rose, 2nd edition) is for people like us. This 695-page reference book by David Joachim offers substitution solutions for ingredients, equipment and techniques when you're in a pinch—or not. Out of salt? Joachim's got it covered. No coriander root? No problem. With over 6,500 substitutions covered, the everyday and the esoteric are all here. This book doesn't target food allergens per se but it does include replacement options for eggs and a chart on alternative (gluten-free) flours. Packed with practical advice, including a comprehensive guide to choosing varieties of foods from pears to potatoes (two pages just on fresh chilis), this is a handy go-to reference for anyone who spends time in the kitchen. **LW**