

Download Whats To Eat The Milk Free Egg Free Nut Free Food Allergy Cookbook

Egg White Substitute --> Use Agar Powder - For each egg white, dissolve 1 tbsp plain agar powder in 1 tbsp water. Whip, chill and whip again. Egg Substitute Mix (homemade) --> To replace 1 egg: 2 tablespoon flour + 1/2 teaspoon oil + 1/2 teaspoon baking powder + 2 tablespoons liquid (milk, cream, buttermilk, diluted yogurt, or dairy free alternatives like coconut milk, soy milk, etc) beaten ...If you are starting to plan out your Thanksgiving menu then this one is for you. I "real foodinized" an old family sweet potato casserole recipe that called for 2 cups of brown sugar...yikes! Why would sweet potatoes even need that much sugar when they're already naturally sweet?Why people don't like stevia People often tell me that they don't like stevia. When I hear this, I tell them that not all brands of stevia are created equal. Some brands have a strong aftertaste. Others blend easily into food without being noticed. Some brands have a cleaner taste. I'll tell you my recommendations...