



# Be Free Cooking- The Allergen-Aware Cook: Recipes with and without gluten, wheat, dairy, casein, egg, nut, corn and soy

*Christina Gray*

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Christina Gray is an award-winning photographer and founder of Bella Luna Studios Photography based out of the San Francisco Bay Area. Having no food allergies herself, she often found herself cooking for family and friends that had them. In an effort to learn more about food allergens and understand how to cook delicious allergen-safe meals, she began a culinary journey. Be Free Cooking is a collection of recipes from that journey. She carefully documented her favorite recipes and converted each one into an allergen-safe version. Be Free Cooking is a collection of 40 traditional recipes, along with 40 allergen-free counterparts. Christina highlights eight allergens in her cookbook: gluten, wheat, dairy, casein, egg, nut, corn, and soy. Her goal is to help people who do not have food allergies be empowered to cook for people who do, while simultaneously enjoying the comfort foods they love.

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