



# **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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Why don't make it to become your habit? Right now, try to ready your time to do the important work, like looking for your favorite guide and reading a e-book. Beside you can solve your trouble; you can add your knowledge by the publication entitled Be Free Cooking- The Allergen-Aware Cook: Recipes with and without gluten, wheat, dairy, casein, egg, nut, corn and soy. Try to the actual book Be Free Cooking- The Allergen-Aware Cook: Recipes with and without gluten, wheat, dairy, casein, egg, nut, corn and soy as your close friend. It means that it can being your friend when you truly feel alone and beside associated with course make you smarter than ever before. Yeah, it is very fortunated for yourself. The book makes you a lot more confidence because you can know anything by the book. So , we need to make new experience in addition to knowledge with this book.

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#### **Todd McCrea:**

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