

Stay on Your Diet Easily and Well – and Save Money Too!

In times of economic distress, what is a person on a food allergy or gluten-free diet to do? How can we manage with less money and limited time? *Allergy and Celiac Diets with Ease* will help you get out of the kitchen fast but well fed without emptying your wallet. With this book you can:

- Shop easily and stock your kitchen economically for maximum efficiency
- Use nutritious new foods and find commercially prepared foods you can eat
- Improve your health by consistently and easily staying on your diet
- Make the best use of time and money-saving appliances, practices, and products
- Get organized so you can save money while doing what needs to be done in record time

Recommended by experts:

This book is a treasure! Having it in the kitchen is like having your best friend stop by to chat and share her experiences. Clearly Nickie has been around the block with special diets in her own family and knows what she is talking about. Her ideas and suggestions are both practical (money, time, and energy saving) and creative. I especially liked her section on oven dinners – entrées, side dishes, and even desserts. That's what I call "getting it together"! The amazing thing is how good everything tastes!

- Marjorie H. Jones, B.S, R.N.
- Author of *The Allergy Self-Help Cookbook*
and *The Yeast Connection Cookbook*

With this book you can benefit from Nickie's vast experience to quickly gain information that it would take years to gather on your own. The money-saving advice, sources for commercially prepared foods and many easy recipes should go far to reducing the stress of a difficult diet.

- Ann Fisk, B.S, R.N.
- Founder of *An Ounce of Prevention*

Nicolette M. Dumke has been cooking for special diets for over 30 years. As a child of parents who grew up during the Great Depression, she learned frugal habits early in life. Her husband's career in an unstable industry has kept her in practice on economical management of a special diet. She holds B.S. degrees in microbiology and medical technology and is the author of several books including *The Ultimate Food Allergy Cookbook and Survival Guide*, *Gluten-Free Without Rice*, *Allergy Cooking With Ease*, *Easy Breadmaking for Special Diets*, and *Easy Cooking for Special Diets*.