

The Milk Free Kitchen Living Well Without Dairy Products

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the milk free kitchen saved my life! at the very least it saved me from a diet of deprivation, if not total boredom! over the past 7 or 8 years i became increasingly ...

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the milk-free kitchen: living well without dairy products [beth kidder, harold m. friedman] on amazon. *free* shipping on qualifying offers. here is the only all ...

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Fri, 27 Sep 1991 23:57:00 GMT

for people afflicted with either dairy allergies or lactose intolerance, substitution has long been the buzzword in cooking. here kidder, a biological researcher ...