



# Extraordinary Foods for the Everyday Kitchen

*Lori Kornblum, Bruce Semon*

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## **Extraordinary Foods for the Everyday Kitchen** Lori Kornblum, Bruce Semon

Extraordinary Foods for the Everyday Kitchen, by Lori Kornblum, and Bruce Semon, M.D., Ph.D. is the sequel to Feast Without Yeast: 4 Stages to Better Health, an extremely popular yeast free cookbook. The authors have updated the recipes to include 100% free of yeast, wheat/gluten, milk/casein, and common allergens such as soy, corn, peanuts and rye, sugar and completely kosher. Containing more than 125 new, original recipes and more than 60 menus including recipes from both Extraordinary Foods and Feast Without Yeast the recipes and menus will astound and amaze you at how many unbelievably good tasting foods you can make with limited ingredients. New recipes for tacos, pizza, salsa, felafel, many new salad dressings, mayonnaise, and other delicious foods that most people thought they had to give up on a yeast free, wheat free, dairy free diet. Extraordinary Foods uses no artificial ingredients and no "exotic" ingredients that require expeditions to specialty stores. All ingredients are whole foods, vegetables, and easy to find.

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