



Living Dairy-Free For Dummies

Suzanne Havala Hobbs

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Whatever the reason for not eating dairy, *Living Dairy-Free For Dummies* provides readers with the most up-to-date information on a dairy-free diet and lifestyle and will empower them to thrive without dairy while still getting the calcium, vitamin D and nutritional benefits commonly associated with dairy products.

Living Dairy-Free For Dummies:

- Is a lifestyle manual, going beyond just recipes to present a full nutritional evaluation of what dairy-free life is like
- Contains more than 50 dairy-free recipes, along with how to set up a dairy-free kitchen and tips for eating out and remaining dairy-free
- Presents alternatives to dairy so readers can continue getting the nutritional value and tastes of dairy, without the side effects

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