



## Feast Without Yeast 4 Stages to Better Health

By Jeanie Semon

Wisconsin Institute of Nutrition LLP. Paperback. Condition: New. 400 pages. Dimensions: 8.9in. x 6.0in. x 1.0in. This new, original cookbook is completely free of yeast and fermented foods, and mostly free of milk, wheat, eggs and other common food allergens such as corn, soy, rye, nuts and peanuts. All of the recipes are kosher; all are sugar free, and most are cholesterol free and vegetarian. There are more than 225 original recipes, as well as a complete, simple, 4 stage program for changing to a healthier diet. The authors have included a chapter helping parents change their children's diets, including lists of kid-tested recipes and pointers for picky eaters. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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