



**Pure Delicious: More Than 150 Delectable Allergen-Free Recipes Without Gluten, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Shellfish, or Cane Sugar**

*Heather Christo*

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As a chef, former caterer, and much-loved food blogger, Heather Christo's life revolves around food, so when she and her daughters were diagnosed with severe food allergies, she thought her life—and career—were over. With ingredients like gluten, dairy, nuts, and even cane sugar and black pepper permanently off the menu, Heather had to teach herself to cook all over again. Much to her surprise, however, she discovered that taking control of her family's diet and wellness led to a new sense of empowerment, bringing her family closer together than ever before while permanently banishing the ill health that had been their "normal" for years.

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