



The Air Diet: recipes & tips for success in your allergy-free kitchen

Laura M Godfrey

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It may feel like the only thing safe to eat is air, but don't give up yet! Trying to figure out how to bake and cook allergy-free can seem like an overwhelming, impossible task; but it doesn't have to be. If you or your child has an autoimmune condition that has led to several food intolerances or food allergies, the Air Diet will provide many delicious, nutritious recipes that even the pickiest of eaters will enjoy. Feel encouraged and connected as you share and learn from our journey with autism, leaky gut, and IgG food allergies, and most important, regain confidence in baking and cooking allergy free. Gluten-free, casein-free, soy-free, and egg-free foods can and should be delicious, and the recipes in the Air Diet will make that tastefully obvious. Healing can begin now and it starts in your kitchen.

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