

Add Some Pleasure to Life

If you are on a restricted diet due to food allergies or gluten intolerance, you don't have to be deprived any more. Now you can enjoy your favorite desserts – the most basic of life's simple pleasures that have sustained us during difficult times. *With I Love Dessert* you can:

- Rediscover inexpensive fun and enjoy good times with family and friends
- Make a birthday cake for someone with food allergies and build special memories
- Create delicious desserts easily using streamlined recipes and time-saving techniques
- Discover new flours and healthy sweeteners such as agave, stevia, and fruit sweeteners
- Stay on your diet and enjoy good health without missing out on pleasure

This book is the ultimate word on desserts for special diets. It presents over 300 recipes for any dessert you might want and it will meet your dietary needs. It's time to join the fun again!

Recommended by experts:

Over nearly three decades of working with food sensitive patients, the most common complaints I hear have been about missing the joy and pleasure of a favorite dessert due to sensitivity to one or more ingredients. *I Love Dessert* is the answer for those struggling with special diets due to allergies or gluten intolerance. Nowhere else can one find such a complete, easy to use, comprehensive guide to the preparation and enjoyment of dessert for those restricted by food intolerance. This book has successfully integrated alternative ingredients into recipes to meet the needs of individuals intolerant of specific foods.

- Nicholas G. Nonas, MD
Allergy, Asthma and Environmental Medicine, Centennial, Colorado

Many family traditions and memories revolve around food – birthday cakes, wedding cakes, Thanksgiving feasts, Christmas and Easter dinners, anniversaries, and on and on it goes. Many of those traditions can be “cleaned up” so subtly no one notices. I thank Nickie for doing the work necessary to produce truly delicious yet health enhancing desserts. I can see my family is in for some new traditions, and I hope yours is, too. Enjoy!

- Marjorie Hurt Jones, RN
Author of *The Allergy Self-Help Cookbook*

With *I Love Dessert*, you will discover new ingredients like agave to safely sweeten your life. Using the information in this book, you will be able to successfully and easily prepare a wide variety of treats that are allowed on your special diet. Enjoy these delicious and nutritious desserts!

- Ann Fisk, RN
Founder of *An Ounce of Prevention*

Nicolette M. Dumke has been cooking for special diets for over 30 years. Her Italian parents grew up during the Great Depression, so she learned to cook economically and integrate the pleasures of food into the enjoyment of life at a young age. She holds B.S. degrees in microbiology and medical technology and is the author of several books including *The Ultimate Food Allergy Cookbook and Survival Guide*, *Allergy and Celiac Diets With Ease*, *Gluten-Free Without Rice*, *Allergy Cooking With Ease*, and *Easy Breading for Special Diets*.