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What to Eat When You Can't Eat Anything : the Complete Allergy Cookbook

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The Complete Allergy Cookbook

What to eat when you can't eat anything

Chupi & Luke Sweetman



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What to eat

when you can't eat anything

The Complete Allergy Cookbook

Chupi & Luke Sweetman

with a foreword by Patricia Quinn

and

photography by Suki Stuart

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Dedication

Luke and I would like to dedicate this to Granny who couldn't boil an egg, and to Grandad who taught her how; to Michael and Patricia, our inspirational adopted grandparents; to Brian, our comrade in culinary crime; to Vanilla, the world's funkier cat; and, of course, to our dearest 'Momager'.

Cheers!

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**Are you suffering from food intolerances?
Are you forced to eat a diet with no taste?
Are you permanently restricted in your enjoyment of food?**

Then here, at last, is the cookbook for you!

As a result of their own food 'challenges' some years ago, Chupi and Luke Sweetman had to rethink the way they ate. They teamed up with nutritionist Patricia Quinn, and created the healthy, nutritious and above all fun dishes that make up *What to eat when you can't eat anything*. Its pages are packed with innovative recipes and sound advice for highly-sensitive, sensitive and normal eaters. With tasty recipes such as Pancakes with Sweet Honey and Bitter Lemon, Caesar Salad with Smokey Chicken, and Cheese-Butty Chilli Samies, it is perfect for everyone.

Different levels of sensitivity require different diets, and a list of recipes for each category offers an easy reference. Specific allergies and food intolerances are described, including wheat, sugar, yeast, dairy products, gluten and artificial additives. Further sections include information on how to change to a really green diet without pain, and what to stock and how to buy.

All the recipes have been cooked and tested by hungry teenagers Chupi and Luke and all have passed with flying colours!

The Authors

Chupi and Luke Sweetman had to relearn what to eat in the wake of Chupi's serious illness. They did it with the guidance of nutritionist Patricia Quinn, author of *Healing with Nutrition*. They live in Wicklow with their Mum, the writer Rosita Sweetman.

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