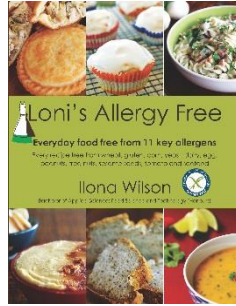


LONI'S ALLERGY FREE COOKBOOK



www.lonisallergyfree.com.au

WHICH RECIPES IN LONI'S ALLERGY FREE COOKBOOK ARE SUITABLE FOR A VEGAN DIET?

For those of you who have multiple food allergies and/or intolerances and also follow a Vegan diet, I have reviewed all the recipes in my cookbook. Below is a list of recipes in my cookbook "**Loni's Allergy Free**" that are:

1. **Vegan**

These recipes are suitable for a Vegan diet and are highlighted in **green**

2. **Easily modified to be suitable for a Vegan Diet**

Simple modifications are provided with these recipes to make them suitable for a Vegan diet and these recipes are highlighted in **orange**

Please note:

*All other recipes that feature in Loni's Allergy Free Cookbook that are not included in this list, are **NOT SUITABLE FOR A VEGAN DIET***

A note on margarine:

Whilst not all margarines are suitable for a Vegan diet, it is assumed that as it is a staple food product, that you currently use a Vegan margarine option and that you would use this or another Vegan suitable margarine in your cooking.

TERMS AND CONDITIONS

Whilst all care has been taken reviewing the recipes, it is your responsibility to ensure all ingredients used are suitable for all of your dietary needs. The list of recipes and modifications is provided as a guide only. For full terms and conditions, refer to the important conditions of use in the front of Loni's Allergy Free cookbook or refer to the website at: <http://www.lonisallergyfree.com.au/terms-and-conditions.html>

**RECIPES SUITABLE OR EASILY MODIFIED TO BE SUITABLE FOR A VEGAN DIET IN
LONI'S ALLERGY FREE COOKBOOK**

SOUPS

Potato, Leek and Bacon Soup.....pg

- Modifications to make this recipe suitable for a Vegan diet:
 - Omit the bacon
 - Replace chicken stock with a Vegetable stock/Vegan alternative

Pumpkin Soup.....pg

- Modifications to make this recipe suitable for a Vegan diet:
 - Replace chicken stock with a Vegetable stock/Vegan alternative

Thai Pumpkin Soup.....pg

- Modifications to make this recipe suitable for a Vegan diet:
 - Replace chicken stock with a Vegetable stock/Vegan alternative
 - Check the red curry paste as some contain fish sauce and/or shrimp paste. I use a brand readily available in supermarkets that is suitable for a Vegan diet.

Yia Yia's Lemon Chicken Soup.....pg 42

- Modifications to make this recipe suitable for a Vegan diet:
 - Omit the chicken
 - Replace chicken stock with a Vegetable stock/Vegan alternative

PASTRY, PIES AND PIZZA

Potato Pastry.....pg 46

Note on Pies Fillings:

- Whilst the pie recipes provided in Loni's Allergy Free are not suitable for a Vegan diet, there are many options available on-line.

Pizza Bases.....pg 52

Note on Pizza Toppings:

- Whilst the two pizza topping recipes provided in Loni's Allergy Free are not suitable for a Vegan diet, there are plenty of options to try..... the possibilities are limited only by imagination (and ok by diet.....) but there are quite a lot of options – see below for some suggestions to get you started

Sauce: Pureed roasted vegetables such as pumpkin or capsicum, or home-made pesto make a great sauce to spread over the base

Toppings: home-made roast capsicum strips, roast pumpkin, roast parsnip, roast sweet potato, spring onion (green section only), fresh chili (to spice it up) fennel, olives, pineapple, home-made pesto (try Loni's Allergy Free basil pesto used in the recipe on p60).....

MAIN MEALS

Easy Oven Baked Chicken Risotto.....pg 66

- Modifications to make this recipe suitable for a Vegan diet:
 - Omit the chicken
 - Replace chicken stock with a Vegetable stock/Vegan alternative

Coconut Crusted Chicken with Mango and Avocado Salad *.....pg 75

** The coconut crusted chicken is not suitable for a Vegan diet, however the Mango and Avocado Salad is suitable for a Vegan diet and delicious served on its own.*

- Modifications to make this recipe suitable for a Vegan diet:
 - Omit the coconut crusted chicken

BAKING, SLICES AND DESSERTS

Chocolate and Beetroot Muffins.....	pg 82
Banana Muffins with Lemon Icing.....	pg 84
Orange and Cinnamon Quinoa Cake.....	pg 86
Icings – Chocolate, Vanilla and Simple.....	pg 88
Raspberry Crumble Slice.....	pg 90
Chocolate and Cherry Slice.....	pg 92
Puffed Rice and Marshmallow Slice.....	pg 94
Gingerbread Biscuits.....	pg 96
Quinoa ANZAC Biscuits.....	pg 98
Apple and Raspberry Crumble.....	pg 100
Berry Cheesecake.....	pg 102
Fruit Skewers.....	pg 104

BREADS, DIPS AND SAUCES

Herb and Garlic Bread.....pg 108

Fruit Bread.....pg 110

Hummus Dip.....pg 112

Red Capsicum and Cannellini Bean Dip.....pg 114

Sweet Chili Sauce.....pg 116

Maple and Mustard Sauce.....pg 116

Creamy Basil Sauce.....pg 118