

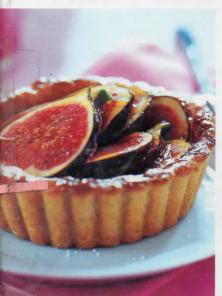
# Allergy-free food

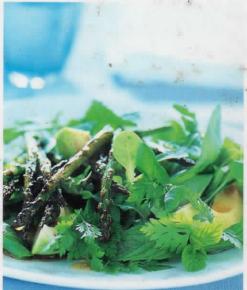
recipes and practical advice to help you manage food allergies













Tanya Wright

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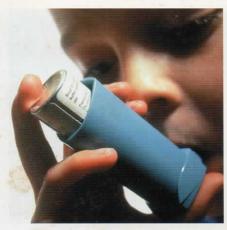
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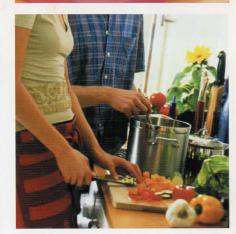
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