

LACTOSE RECIPES



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This recipe takes your basic cabbage slaw to festive heights with the addition of dried cranberries and toasted walnuts. Warm Farro Salad with Salmon, Mushrooms & Sweet Potatoes Farro is a type of wheat with large, plump grains that remain slightly al dente when cooked.

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Go Dairy Free is the leading website for information on the dairy-free diet. We share dairy-free recipes, product reviews, news, recommendations and health guides to aid those with milk allergies, lactose intolerance or a general need or desire to live without dairy.

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