

# South African Cookbook For Food Allergies And Food Intolerance

By Hilda Lategan

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Delicious Wheat Free Fruit Muffins (Maltabella/Sorghum) Based on recipe from South African cookbook for allergies and food intolerance by Hilda Lategan

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I would recommend that you contact Hilda Lategan, a dietitian who has written a recipe book for people with food allergies called the 'South African Cookbook Food

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The South African Cookbook for Hilda Lategan is an experienced dietician from Pretoria. She is the author of the South African Cookbook for Allergies and Food

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Hilda Lategan is a South African registered South African Cookbook for Diabetes and Insulin South African Cookbook for Allergies and Food Intolerance

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