## **SISTER ACT** VEGETARIANS SINCE AGE 11, siblings

Judi and Shari Zuker—also known as **THE DOUBLE ENERGY TWINS**—recently released their sixth book, *The Ultimate Allergy-Free Cookbook* (Square One, \$16.95, *doubleenergytwins.com*). "After the success of our book *The Ultimate Allergy-Free Snack Cookbook*, we were flooded with requests to write a follow-up book that included not just snacks, but main meals, appetizers, soups, salads, smoothies, and desserts that were free of allergens. The recipes are all plant based, sugar free, easy to make, and tasty," says Judi, who aims to educate readers on the top eight allergens (dairy, eggs, wheat, soy, peanuts, tree nuts, fish, and shellfish) and advocates organic/non-GMO foods because genetically modified organisms can potentially increase incidence of food allergies by modifying the basic DNA of our foods. "Santa Barbara's lovely weather allows us to enjoy an abundance of local produce, and we love the farmers market, where we get organic and seasonal produce for our recipes." -GINA Z. TERLINDEN

"TO COMBAT SEASONAL ALLERGIES, WE RECOMMEND FOODS THAT HAVE NATURAL ANTIHISTAMINES AND ARE HIGH IN VITAMIN C SUCH AS CITRUS FRUITS, APPLES, PINEAPPLES, RED BELL PEPPER, SUGAR SNAP PEAS, AND ASPARAGUS. THESE FOODS ALSO CONTAIN QUERCETIN, A FLAVONOID THAT REDUCES INFLAMMATION ASSOCIATED WITH ALLERGIES."



## **SUBSTITUTES 101**

The best alternatives for stocking an allergen-free kitchen

- Wheat flour > Oat or brown rice flour
- Nut butters > Tahini (sesame seed butter) or sunflower seed butter
- Cow milk > Rice, coconut, oat, or hemp milk
- White sugar > Maple syrup, honey, coconut sugar, raw agave, or organic fruit puree
- Wheat pasta > Buckwheat, rice, corn, or quinoa noodles

## PATXI'S PIZZA

"Top-10 Most Life-Changing Pizzas" -- Esquire Magazine





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