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Nut-free, Gluten-free, And Dairy-free Recipes (A Parent's Guide To Children With Allergies)



Nut **FREE**, Gluten **FREE** and Dairy **FREE** Recipes

A Parent's Guide to Children with Allergies



Bethany Harper



Synopsis

The saddest day of my life was when I found out that my own kid had a terrible gluten allergy. My child could die if he eats wheat or anything made from it. But what do kids want? Pastries, mac and cheese, and all the other goodies that are made from wheat and have gluten! In these times, food allergies have become a major part of our lives. The most common food allergies are Nuts of all kinds, Gluten, and Dairy. The allergy can run from light, to so severe that a taste will make it impossible to breathe. Now, finally, those of us whose children have food allergies have a way to give our kids the things we thought they would never have. Read Bethany Harper's new book "Nut FREE, Gluten FREE and Dairy FREE Recipes: A Parent's Guide to Children with Allergies". This is so great. So many wonderful recipes. All the foods that I thought my little boy would never be able to eat! Sunflower/Pumpkin Seed Milk Jelly of Concord Grape Concocted with Maple Syrup Allergen-shielded Mushroom Cream Soup Allergy-free Brownies Egg-less, Milk-less, Butter-less Cake Spelt Magic Bread Summer Special Pie Marinated Baked Chicken Breasts Crispy Baked Fish Raisin Rye Muffins Apple and Spice Cookies Mung Bean Stew Pumpkin Pie (Wheat-free, Egg-free, and Dairy-free) Chunky Vegan Corn Chowder Vegan Brownies Passover Treat Lemon Bars Quinoa Porridge And check out the NUT FREE options! Allergy-free Comfort Soup Crunchy and Delicious Granola Pseudo Pecan Pie Movie Star Popcorn Nut-free Meltaways Beth's Spicy Oatmeal Raisin Cookies Party Pinwheels Mrs. Sigg's Snickerdoodles Gigantic Chewy Chocolate Chip Cookies Whole Wheat Blueberry Muffins Chicken Kathi rolls (Chicken Frankies) Vegan Pancakes Super Easy Scones Baked Kale Chips Playtime Granola Bars Tortilla Roll-ups Easy Snack Wrappings Chewy Apricot Leather Corn Dog Muffins Creamy Cheesy Penguins If you have a child with food allergies, this book will make you, and your child, so very happy!

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Customer Reviews

If you have nut or gluten allergies but still want delicious home cooking then this book is for you. It is especially good if you have a child with allergies because whatever you child likes, chances are it is in this guide. Cupcakes, pizza, smoothies, brownies, all the stuff that kids like are in this book. The recipes range from "easy to make" to "cinch" and all have clear instructions so that anyone can make them. If you or your child has a gluten allergy then you simply have to check out this book, it's a must.

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