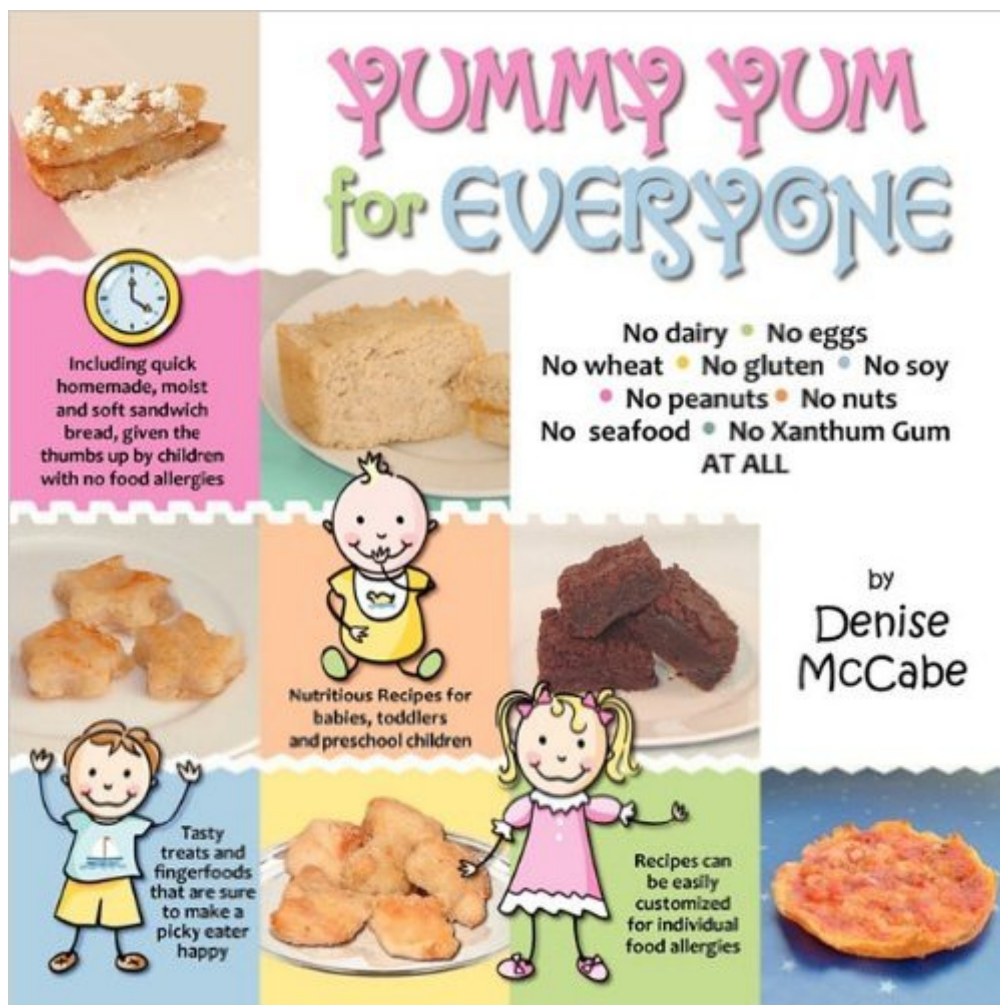


The book was found

Yummy Yum For Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Fre



Synopsis

A truly realistic children's multiple food allergy cookbook that was created by a Mom of a picky eater herself, with a keen eye for what children will eat and what families can make. Thin crust pizza | brownies that taste like the brownies you grew up on and a focus on well thought out nutritious toddler and child friendly meals such as chicken carrot cakes. The author even shows that making sandwich bread can be as simple as baking a cake and pass the high bar of children with and without food allergies! All this with the safe knowledge that there is absolutely NO dairy, eggs, wheat, gluten, soy, peanuts, nuts, seafood or xanthum gum in any recipe in this book so everyone can enjoy. •

Book Information

Paperback: 52 pages

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Average Customer Review: 3.7 out of 5 stars See all reviews (12 customer reviews)

Best Sellers Rank: #992,291 in Books (See Top 100 in Books) #36 in Books > Health, Fitness & Dieting > Children's Health > Allergies #143 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free #184 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies

Customer Reviews

Even if you have a shelf full of cookbooks for children or organic/natural food cookbooks, you should definitely take a look at this book. It is unlike any of the others I have seen before and is worth every penny. I felt reading the tips and recipe notes that the book was talking directly to me as a parent. I can tell that Denise has been in my situation (I am the parent of a toddler with a dairy allergy and texture aversions/extreme pickiness) and she understands the stream of consciousness that goes on when following recipes from a book. The book has great instructions since a lot of these recipes use new cooking processes that I am unfamiliar with. It is reassuring to have that extra information, such as in her pancake crepes she mentions that the batter will be very thin and runny, but this is important and correct, and not to overcorrect by trying to make thicker, as I probably would have tried to do if I hadn't read her tip. She even goes as far as to mention why

certain ingredients are essential for the physics behind the cooking process (the scientist side of me loves that info). However, you definitely don't have to be a scientist to use this cookbook. All the recipes are very easy to understand and don't call for long lists of ingredients. The book layout is really cute and a lot is packed onto each page, not just filled up with big pictures and recipes you wouldn't use. Most of the recipes make delicious foods that even my husband and I enjoy and would make for ourselves even if I hadn't purchased it with the intent on getting new ideas for foods to feed my son.

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