



Allergy-Friendly Food for Families: 120 Gluten-Free, Dairy-Free, Nut-Free, Egg-Free, and Soy-Free Recipes Everyone Will Enjoy

Editors of Kiwi Magazine

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Allergy-Friendly Food for Families is the most trustworthy, comprehensive, practical, and kid-friendly collection of recipes that exists for the important and growing audience of allergy-aware families. Unlike other allergy cookbooks, this book covers not one or two allergens, but the five most common allergens in kids: wheat, dairy, eggs, nuts, and soy. Each of the 120 recipes is free of at least three of these allergens; most are free of all five.

When parents are desperate for ideas for what to make for dinner (or lunch, or snack time), they want recipes from someone they trust, for food that tastes good, that doesn't require a lot of fancy ingredients, and that the whole family can eat. *Allergy-Friendly Food for Families* is the ultimate resource. From the three crucial mealtimes (breakfast, lunch, dinner) to the "fun" foods families can't live without (desserts, snacks, parties), parents are completely covered. Perhaps most importantly, all of these recipes are simple for parents to make.

Recipes such as Carrot Cake Breakfast Cookies, Pear Yogurt Dunkers, Good-for-you Nachos, Polenta Mini Pizzas, Giant Cookie Cake, Veggie Bite Soup, and Cool Zucchini Noodles will make kids forget they have allergies. Parents will love the additional informational sections on spotting food allergies, stocking an allergy-free pantry, deciphering labels, and other frequently asked questions.

Food should be delicious; family time should be fun. This book reflects those values.

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